Funny goings-on at the Wharf...

Even the statues are joining in the Red Nose Day craziness

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Has spring finally sprung?

Graham Barker takes a stroll in the cemetery park to find out

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An education in itself

Get the lowdown on schools and training in the borough

SEE GET A SCHOOL LIFE, INSIDE

ISSUE 1051 16 - 22 MARCH 2015

WWW.TOWERHAMLETS.GOV.UK

TOWER HAMLETS eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

Call for safer roads after man, 80, dies

Hit-and-run tragedy prompts 400-strong demonstration

BY LARAINE CLAY

MORE than 400 people joined a protest demanding improved safety on busy roads following the deaths of two pedestrians.

The SaveMe campaign was launched after third year economics student Kieran Dhaliwal died after being hit by a car outside Queen Mary University's Mile End campus last October.

And the group was spurred into action after an 80-year-old man was killed in a hit-and-run accident with a lorry in Commercial Road, Stepney last Wednesday morning, March 11.

Campaigners from Tower Hamlets Citizens marched along Mile End Road and Commercial Road, calling on Transport for London (TfL), the council and police to commit to making the roads safer.

Mashalle Asim, vice president for welfare at Queen Mary Student Union and a member of the SaveME campaign, said: "We have spoken with hundreds of students, local residents and businesses and we are shocked by the number of deaths, accidents and near misses occurring on Mile End Road.

"This is an issue we cannot ignore and which needs to be tackled before more are killed."

During the evening, flowers were laid in memory of Kieran outside the university and at Watney Market, close to where the pensioner died.

Continued on page 3

Campaigners are demanding major improvements to road safety to cut the number of accidents

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Art and about

Canary Wharf is home to one of the UK's largest publicly accessible art collections with 65 permanent pieces.

Helping millions of people

Since the last Red Nose Day, Comic Relief has helped more than 12 million people all over the world, using money raised through Red Nose Day, Sport Relief and other partnerships.

WWW.COMICRELIEF.COM

News

East End Life is produced by Tower Hamlets Council, Town Hall, Mulberry Place, 5 Clove Crescent, E14 2BG.
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soundtalking

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A BETHNAL Green charity has been given a red plaque, not a red nose, in recognition of its work in financial education.
Quaker Social Action's Made of Money financial education project, which is supported by Comic Relief, will display the plaque at its offices in Old Ford Road.
For ten years the team has been running parent and family workshops on subjects such as budgeting and the psychological impact of living on a low income.
Project manager Kristina Leonnet said: "We are thrilled that Comic Relief is standing with Made of Money."

Healthy snacks at St Paul's Primary School

Red Noses all round

FUND-RAISING activities for Red Nose Day last Friday, March 13 got off to an early start at St Paul's Primary School, Whitechapel.

Parents gave their time to make healthy snacks to raise money to transform the lives of millions of people in the UK and across Africa.

The school aimed to raise £300 by baking the snacks after school.

Pupils cooked flapjacks, banana bread, samosas and other healthy recipes, while parents joined in the cooking sessions in the school kitchen.

Feruja Mannan, parents support partner, said the effort raised £257.

SCULPTURES across Canary Wharf were given red noses for Comic Relief last week in support of Red Nose Day. There are 65 permanent sculptures on the business estate – and seven of them were given the red nose treatment in support of the national day of fund raising.

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Get on the good foot

Over-50s can put on their glad rags and enjoy music, dancing, cakes and sandwiches at the Troxy this week. Entrance is free, but you must have a ticket as numbers are limited. To book, call...

7364 2248

Crossing generations

Magic Me is an arts charity that brings the generations together to build a stronger, safer community.

WWW.MAGICME.CO.UK

Girls have nothing to fear if they come home

BY STAFF REPORTER

THE three teenage girls who travelled to Syria last month would be reunited with their families if they returned home and would not face punishment from the police.

Metropolitan Police commissioner Sir Bernard Hogan-Howe and assistant commissioner Mark Rowley gave the assurances to a Home Affairs select committee last Tuesday, March 10.

The committee asked the officers if they had any reflections on how the teenagers – Shamima Begum, Kadiza Sultana and Amira Abase – could be brought back to the UK.

Sir Bernard said the girls were being viewed as victims rather than terrorists or perpetrators of crime.

Mr Rowley said the teenagers had no reason to fear that the police would punish them if they came home to their families.

A CCTV image of the girls at Gatwick

Earlier in the committee hearing Amira's father, Hussen Abase, Kadiza's cousin, Fahmida Aziz, and Sahima Begum, older sister of Shamima, gave evidence to the committee on events leading up to the teenagers' disappearance during half-term on February 17.

The committee, sitting to hear evidence on counter-terrorism, heard about police contact with the girls at their school, Bethnal Green Academy, after another pupil travelled to Syria last December.

The hearing was told that an officer from Tower Hamlets police missing persons unit visited the school and spoke to seven female students, including Shamima, Kadiza and Amira.

In a separate meeting at the school, attended by three police officers and the deputy head teacher, an officer handed letters to each of the girls, addressed to their parents. The committee heard that the letters were not passed on.

The girls' relatives told the committee they felt let down by the police.

Sir Hogan-Howe apologised that the letters intended for parents did not get to them.

Anyone with information that can help find any of the girls can call 0800 789321.

Court hears writing guru

A HANDWRITING expert who examined ballot papers after the mayoral election last May gave evidence at the Election Court hearing last week.

In a report, Robert Radley told the Royal Courts of Justice: "There is a high percentage of 'X' marks made in a particularly distinctive and idiosyncratic form. For these marks to all have been completed by different individuals would have to be considered highly coincidental."

Four voters have taken legal action against Mayor Lutfur Rahman and want Election Commissioner Richard Mawrey to declare the poll void and order a re-run. Mr Rahman denies any wrongdoing.

On Friday, Labour peer Baroness Uddin was questioned in court about her suspension from the House of Lords in 2010 over expenses claims.

The former councillor was called as a witness by Mr Rahman – and asked to testify about one of his political rivals.

By Press Association

Continued from page 1

The campaign wants to see improvements to traffic lights, pedestrian crossings and speed control measures.

It is also seeking a meeting with the mayor of London as TfL is responsible for both roads. Representatives from TfL, the police and the council met the campaigners on Thursday night.

The deputy mayor of Tower Hamlets, Cllr Oilur Rahman, and Cllr Rabina Khan also addressed the crowd.

Afterwards Mayor Lutfur Rahman said: "It is vital that all people who live, work and visit Tower Hamlets can cross the roads safely. "We are happy to assist Transport for London in making safety improvements to pedestrian crossings in Mile End Road and Commercial Road and we are working on reducing speed limits across the borough."

The council has been consulting on introducing 20mph speed limits in the streets it manages and last week TfL said it was looking to impose a 20mph limit in Commercial Street, as part of a pilot scheme on eight of the capital's roads.

■ Police are appealing for witnesses to last week's fatal accident – call 8597 4874.

News in brief

Blaze at hotel

AROUND 100 people evacuated a hotel building in Bethnal Green when a fire broke out on Sunday, March 8.

Fire crews wearing breathing apparatus confined the blaze to a room on the third floor of the hotel in Cambridge Heath Road, which was badly damaged by fire and smoke.

The blaze is believed to have started in a bathroom where a burning incense stick was left unattended and set fire to something close to it.

Tea dance at Troxy

OLDER residents are invited to the Mayor's Spring Tea Dance at The Troxy in Limehouse this week.

Over-50s are invited to an afternoon of music, dancing, cakes and sandwiches on Thursday, March 19 from 1-5pm.

So shake off the winter blues and put on your dancing shoes for this fun event.

Entrance is free, but you must have a ticket as numbers are limited – call 7364 2248 to book.

Rooms With a View

AS part of its Rooms with a View project, intergenerational charity Magic Me is inviting residents to events this March, featuring activities about east London.

Participants can write postcards, explore local archives, and share memories and local history over tea and cake. The drop-in sessions are open to people of all ages.

The Magic Me team will be at: Bromley by Bow Centre, St Leonard's Road, E3, on Thursday, March 19 from 10-11.30am; Tower Hamlets Local History Library & Archives, 277 Bancroft Road, E1 on Saturday, March 21 from 3-4.30pm; and Geffrye Museum, 136 Kingsland Road, E2 on Saturday, March 28, from 3-4.30pm.

Visit **www.magicme.co.uk** for further information.

Get nappy voucher

FIND out the benefits of using real nappies at the latest Nappuccino event, this Tuesday, March 17.

As well as meeting other parents and getting advice, parents with a baby due or aged up to 18 months, can apply for a voucher worth £40 to try real nappies. Nappies will be available to buy at the event.

Go along to Idea Store Whitechapel, 321 Whitechapel Road, E1 from 10am to 12noon.

Residents must register as spaces are limited, and take along proof of identity, address and birth or pregnancy to obtain a voucher. To register call 7364 7103 or email **recycling@towerhamlets.gov.uk**

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PROSTATECANCERUK.ORG

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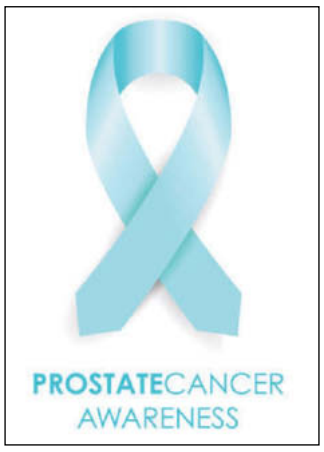
"I would wait for an appointment, just to see him. He is just so caring and supportive. He took his time with people. You didn't feel rushed. He understood you. He was in great demand."

PATIENT HILARY ROBINSON



Voice your concerns

THIS month is Prostate Cancer Awareness month and GPs are urging men to get to know the symptoms of the disease and visit their doctor if they have any concerns.

Prostate cancer is the most common cancer in men, with one in eight diagnosed with it at some point in their lives. The earlier the cancer is diagnosed, the better chances of successful treatment.

In Tower Hamlets, approximately 171 men were diagnosed with prostate cancer between 2010 and 2012.

Chances of developing prostate cancer increase as you get older with most cases appearing in men over the age of 50. Those with a family history of relatives with prostate or breast cancer are also at risk of developing the disease.

Research has shown that men of a black ethnic background are also at a higher risk of getting prostate cancer.

Dr Somen Banerjee, the council's director of public health, said: "As the signs of prostate cancer are not always obvious, it's so important to speak to your doctor if you notice any changes. If you experience urinating more frequently or needing to rush to the toilet, it could be something more serious."

Sir Sam Everington, a local GP and chair of NHS Tower Hamlets Clinical Commissioning Group (CCG), encouraged men to become aware of the signs and symptoms and if something isn't right to talk to their GP and get checked.

"You never know who's going to come through that door"

HAPPINESS is on the menu at a new café and creative venue in Spitalfields. Charitable movement Action for Happiness supports The Canvas on Hanbury Street, as a space for people to explore wellbeing.

The café is hosting a season of events, including lunchtime inspirational talks on Tuesdays, weekly lunchtime yoga classes on Wednesdays, free weekend screenings of documentaries focusing on happiness, and free happiness workshops run by the charity Inner Space.

The Canvas was founded in October last year by Ruth Rogers (above), an actress and puppeteer, and founder of Body Gossip, a charity which promotes positive body image.

Beyond Business, a regeneration programme that supports social enterprises in Tower Hamlets, is supporting the café with the Bromley by Bow Centre.

Ruth said: "When launching The Canvas, as with Body Gossip, I had one aim; to make people feel better about themselves. That's the motivation behind everything we do at The Canvas. To be welcomed by Action for Happiness as London's first Happy Cafe is amazing."

GP retires after 22 years on the Island

BY JACQUELINE HARTHILL

PATIENTS have paid tribute to a local GP who has retired after 22 years.

Dr Neil Douglas first came to the Isle of Dogs as a medical student and ended up staying.

Recently retired from Island Health in East Ferry Road, Dr Douglas has seen many changes in over two decades.

"Island Health was a new practice when I joined, it was building and expanding," Dr Douglas told East End Life.

"Being a GP has hugely changed from when I first started and I think that, quite rightly, the patient expectation is huge now. There is so much more bureaucracy in the NHS as well. When I started, we had few targets, child immunisation and cervical smears: now there are hundreds.

"It has become more difficult to provide a personal service for people. We used to really know our patients and the patients used to see the same doctor all the time. But that's been lost a little just because it is busy.

"I think each GP has a sell-by date and I just got to mine. A footballer will realise that their legs have gone and they can't run as fast as they did before and I got to that stage really."

Dr Douglas first came to the Island as a medical student, attending child health clinics. "I still had patients who remembered me as a student," he said.

He was doctor for all the schools on the Isle of Dogs and later, when working for community paediatrics, attended all the baby clinics. He then trained in general practice, coming back to join Island Health.

It was at one of the baby clinics that Dr Douglas met Hilary Robinson, when she took her twin sons along for their six-week check.

Dr Neil Douglas

Patient Hilary Robinson

"He was so kind," Mrs Robinson told East End Life.

"Having the twins, it was lot for me. I was all emotional and he was just fantastic. Then he became a GP at Island Health.

"I tried to only see him," she said.

"I would wait for an appointment if I had to, just to see him. A lot of people did. He is just so caring and supportive. He took his time with people. You didn't feel rushed. He understood you. He was in great demand and very popular."

As well as being one of Dr Douglas' first patients, by sheer coincidence, Hilary was also the last.

"My last patient consultation was a phone call with Hilary," he said. "And it rounded off my time there really well."

The Isle of Dogs has changed hugely in the last 22 years.

"When I first came to the Island, the practice used to get deprivation money. The population has changed over the years and, although there are still parts that are very deprived, other bits are completely different. That's what makes it so interesting as you never know who's coming through the door. It makes it vibrant and very interesting as a doctor.

"One of the other great things is actually being around long enough to see people grow up and develop. You get to know people really well over a period of years. Some of them you see more than your family. Relationships like that, which are built up over a long time, actually mean something. You don't get that continuity in any other job really."

Although retired as a GP, Dr Douglas will still be working in health. He is the clinical lead for child health at the Tower Hamlets Clinical Commissioning Group (CCG) and will also be teaching on the Public Health Masters' course at Kings College.

He is also going to do a creative writing course. "It's something I've always wanted to do, possibly writing a book based on my experiences. That's what the receptionists at the surgery are afraid of," he laughed.

Island Health is at 145 East Ferry Road E14. Tel: 7363 1111.

Focus on good health

Healthy living initiatives run by the council and its partners include free cycle training, the Healthy Families programme and the Food for Health awards.

School success

Tower Hamlets tops the London healthy schools league: 95% have a Healthy Schools award.

News

Register your right to vote

RESIDENTS are reminded to ensure that they are registered to vote under the government's new Individual Electoral Registration scheme, so that their votes will count in the General Election on May 7.

The new voter system means that every person who is eligible to vote must register him or herself. Previously, the head of the household registered those eligible to vote in the election.

Registration online can be completed in as little as three minutes – you need your name, address, date of birth and National Insurance number so that identity can be verified.

Go to **www.gov.uk/register-to-vote** or call the council's electoral registration office on 7364 0872 for assistance.

THERE was merriment in Mile End, when Henry Shingler marked a milestone and celebrated his 100th birthday at a tea party with his friends and relatives.
Henry was born in east London and has lived in the area all his life. The centenarian, who marked his big day on February 18 with the party on March 5, was happy to receive a birthday card from the Queen. He said he had lived to be 100 through determination.

News in brief

Third party launch

A CONFERENCE to relaunch the borough's Third Party Reporting Centres is being held this week.

The centres are community locations where individuals can report incidents of hate crime or domestic abuse without having to visit a police station.

There are 15 locations in Tower Hamlets where the centres will operate, including in the council's four One Stop Shops.

The conference takes places at the Osmani Centre, Vallance Road, E1 from 9.30am-4pm on Thursday, March 19.

To apply for a ticket or for more information, email **hatecrime@towerhamlets.gov.uk**

Docks yacht blaze

FIRE crews were called to a yacht on fire in St Katharine Docks on Monday, March 9.

Crews fought the fire from the jetty and boarded the boat to put out the blaze. The middle deck of the 10-tonne vessel was gutted.

The cause of the fire is under investigation.

Have your say

RESIDENTS have one more week to give their views on the borough's priorities for the next five years.

Consultation on the Community Plan closes on Friday, March 20. The plan sets out the way in which the borough's public, private and voluntary sector organisations agree to deliver services.

Go to **www.towerhamlets.gov.uk/communityplan** to have your say. For a paper copy of the consultation form, call Mark Cairns on 7364 2260, or email **mark.cairns@towerhamlets.gov.uk**

Advert challenge

PUPILS from four Tower Hamlets schools are in with a chance to have their radio advert professionally made and broadcast live.

All primary and secondary schools were invited to take part in the Real World Challenge organised by the council's waste contractor, Veolia, and UTV Media.

Pupils were asked to write and record a 60-second advert encouraging listeners to recycle more at home as part of the U Create project.

The finalists are Culloden and Old Ford primary schools and Central Foundation and London Islamic secondaries.

The finalists' commercials will be uploaded to the Veolia YouTube channel on Monday, March 16, and the public will be given two weeks to vote for their favourite.

Parents can learn to cook like Jamie

Celebrity chef and council launch healthy food course

BY IAN READ

THE council has teamed up with celebrity chef Jamie Oliver in a bid to improve people's cooking skills and promote healthy eating.

The partnership with his Ministry of Food will train parents to deliver cooking courses for other parents.

This Monday, March 16 the first cohort of residents will start their training at Jamie Oliver HQ.

The partnership was formally launched last Wednesday, March 11 when Oliver sent a specially-recorded video message to the council's annual parenting conference.

"This is going to be fantastic," said Oliver (pictured).

"This is a brilliant course for the parents and I think you are going to love it.

"This is about local people teaching local people how to cook, how to budget, how to cook nutritious, healthy, affordable food.

"So we are looking after the kids with the Kitchen Garden project and now we are looking after the parents."

The Kitchen Garden project has been running at St Paul's Whitechapel Primary School for the past two years, teaching pupils about where food comes from and giving them cooking skills.

Fourteen parents will be trained by the new partnership who will then share their newly-found skills and knowledge with other local parents by delivering cooking programmes in schools and other community venues.

Cllr Gulam Robbani, cabinet member for education and children's services, said: "We are committed to equipping parents with the skills to improve the health and wellbeing of their families, and this new initiative is a great way of achieving that aim."

The pilot programme will be delivered as part of the Healthy Families programme delivered by the council's parental engagement team.

For more information on the project call 7364 6398 or email **parenting@towerhamlets.gov.uk**

bromley by bow centre

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We can reduce your bills, set up payment plans, apply to clear your debt and support you to purchase essential household items.

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Address: Bromley by Bow Centre, St Leonard's Street, London E3 3BT

Website: www.bbbc.org.uk The Bromley by Bow Centre is a Registered Charity – number 1041653

Project funded by: The British Gas energy trust

Rising Stars

The festival awards gala ceremony will feature the Cutting East Rising Star Award and a cash prize of £250.

WWW.CUTTINGEAST.CO.UK

Cutting-edge films at Cutting East

Cutting East Film Festival is funded by the council, Queen Mary University of London, Film London, the National Lottery/BFI Film Forever, Youth in Action and the Youth Opportunity Fund.

News

Reaching for the stars

BY STEFAN SWIFT

THE annual Cutting East Film Festival returns to Genesis Cinema in Mile End this weekend, showcasing the talents of the East End's young film makers.

The festival's organising team is made up of young people aged 16-21 who have put together a programme combining music, film, poetry, performance and art.

The opening night on Friday, March 20 will feature short films produced by the young team, as well as live music and an in-house designer to help festival-goers create limited edition T-shirts.

Saturday kicks off with **Mass e Bhat**, a documentary with a soundtrack telling the story of one young man's journey in modern Bangladesh.

There is no admission fee to see the documentary, but visitors are asked to donate non-perishable food as the screening will be followed by a discussion with the Rainbow Collective and Tower Hamlets Food Bank.

The afternoon will host a **General Election debate** led by the Mile End Community Project.

Another documentary, **Sepidah**, will be screened on Saturday evening.

It tells the story of a young Iranian girl who reaches for the stars through her deep-seated ambition to become an astronaut.

World Poetry Day will be celebrated throughout the evening in the bar with a **spoken word open mic night**, hosted by Cutting Beats and performance poet and Genesis resident Sarah Hirsch.

If you want to join in and rap about the theme, A Voice for a Voiceless, then sign up via **hello@cuttingeast.co.uk** or go down on the night.

Following the General Election theme, Sunday will feature a showing of the 1999 movie, **Election**.

This will be followed by two **films showcasing the work of director Samuel Dore**, commissioned by the British Sign Language Broadcasting Trust to support deaf film makers. A signed Q&A will follow with Dore. The festival programme on Sunday will feature new film making talent, selected from open submissions as part of **Cutting It Short**, and the awards gala ceremony.

The night will close with a screening of **Beyond Clueless**.

The festival's art exhibition is based on a collaborative piece of work Cutting East programmer AK Raham and artist Hannah Habibi.

And residents can get involved on both days by dropping in and taking part in the free **'zine making workshops**, where you can draw, write, type, design, produce and publish.

Genesis Cinema is at 93-95 Mile End Road, E1.

Tickets are priced at £3.50, except festival finale tickets, which cost £6.

To book tickets call 7780 2000 or book online at **www.genesiscinema.co.uk**

Genesis can also take advance bookings in person at the box office.

(Above) Iranian film Sepidah will be shown on Saturday evening. (Below) Last year's Cutting East award winners

Commissioners in place till 2017

Last December, the Communities and Local Government Secretary appointed two commissioners to run certain functions at the council, including grant-making decisions.

Quitting the habit

From April 2013 to April 2014, more than 4,000 people signed up for advice and support on giving up smoking.

STOP smoking advisers were out in force on No Smoking Day last week, providing free and friendly advice and support to residents.

And to mark the day on Wednesday, March 11, the NHS and council took a stand against the harm caused by tobacco by presenting the NHS Statement of Support for Tobacco Control at the Tower Hamlets Health and Wellbeing Board.

Endorsed by NHS England, the public health minister, Public Health England and the British Medical Association, among other health organisations, the statement is a set of commitments made by local NHS organisations to tackle the harm caused by smoking. It provides a public commitment to work towards further reducing smoking prevalence; to demonstrate a commitment to take action; and to protect local communities from the harm caused by smoking.

It also reinforces the signatories' commitment to protect tobacco control work from the vested interests of the tobacco industry.

Advisers will be out and about during March or residents can speak to their GP or pharmacist at any time about quitting options. For further details on local stop smoking services visit www.towerhamlets.gov.uk/stopsmoking

Julia Wolska with Farah Desai, from the council's Smoking Cessation Team

Dr Somen Banerjee and Cllr Abdul Asad

Grants funded for five months

BY SAM GOUGH

GOVERNMENT-appointed commissioners currently overseeing the council's grant allocations have agreed to extend the mainstream grants programme for up to five months.

At a public meeting last Wednesday, March 11, they agreed this was the best route for the current programme, which was due to finish at the end of March. This means there will be a further five months of funding for projects that have achieved, exceeded or are on track to meet their targets.

Projects which have not yet met their targets will receive an initial three months of funding, with the possibility of a further two if their performance improves to the required standard.

Lead commissioner Sir Ken Knight said: "Mainstream grants (MSG) have been a key funding source for third-sector organisations within Tower Hamlets for many years. The extension of this funding round by a further five months will ensure that residents can continue to benefit from the positive effects that MSG has on the borough, while the criteria is agreed for the next three years' funding.

"For the future it is important that all voluntary sector organisations receiving funding meet the agreed outputs and have recognised standards of governance."

The grants programme was scheduled to end on March 31. The council was unable to implement a new MSG programme from April as usual due to several factors, including the PriceWaterhouseCooper review of its work and intervention by the Secretary of State.

The current programme has funded 327 projects which deliver a diverse range of community activities and services – from supporting vulnerable residents affected by welfare changes through to training young people so they can make the most of emerging employment opportunities.

Of all the projects:

- 255 have achieved, exceeded or are on target to achieve their goals and been rated as green. This means they can be considered for an extension of five months, amounting to £1.2 million of funds.
- 29 are rated as amber and will be offered an initial three months of funding. They may be offered a further two months, if they have improved their performance between January and March. The total for three months would be more than £70,000, and would increase to £117,000 for the full five months.
- 17 projects are rated red, meaning that they are underachieving and that there are issues or concerns about their performance. These will not have funding extended.
- 19 projects have been completed and are now closed.
- 30 projects originally scored below the quality threshold set by the previous criteria. Of these, three were scored red and will not be funded, and four were closed and therefore not reassessed. The remaining 23 were rated green or amber and will continue to be funded.

It is anticipated that the next funding round for MSG will open by early May.

Offering stunning waterside views and located within Bow, E3 – the heart of London's up-and-coming East End – Lock Keepers offers the opportunity to live in this new & vibrant cosmopolitan community

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- Contemporary white bathroom fittings in the tiled bathroom

PEABODY

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Internal image depicts the private sale show apartment at Lock Keepers. Prices correct at time of going to press. Guidance household income requirements from £40,000 to £66,000 for 1 and 2 bedroom homes. March 2015.

TOWER HAMLETS

For your information

Parking to pest control, housing to hate crime

TURN TO PAGES 16 & 17

Helpful advice from the ombudsman

The Financial Ombudsman Service has some helpful advice on dusting off your finances. If you need help sorting out your money worries, contact the service on 0300 123 9123 or...

WWW.FINANCIAL-OMBUDSMAN.ORG.UK

Useful information

Spring clean your finances!

Money news from the Financial Ombudsman Service

ARE you arming yourself with a duster, a mop and a bunch of daffodils ready to spruce up your house for spring?

As well as cleaning behind your sofa, go a little further and take the time to clean up your finances too. Here's our tips on how you can get started.

Dust off debits

Ask your bank for a list of direct debits and standing orders from your account. You may be making payments for things you no longer need.

If you decide to cancel, make sure you tell the business involved as well as your bank.

Sometimes we hear from people who have been told their bank can't cancel a payment, but this isn't right.

Your bank should be able to cancel any payment on your account itself. If it says it can't, give us a call.

Clear up your calendar

Keep a note of the dates when any payments that you do still have are due from your bank account – and try to keep some money over to cover any unexpected payments.

If you find that you don't have enough funds, let your bank know as soon as you can as it might be able to help you.

Grab a tidy deal

Have a look at what you're paying for your home, travel and any other type of insurance.

Many companies rely on people auto-renewing and leave you paying more than you need to as a result. Comparing prices and shopping around for the cheapest deal could save you a fortune.

Make sure that any new policy you take out is still right for you – if you need it to cover something specific it's always worth giving the insurer a call to check that it does.

Keep on top of credit

If you've been using credit to make ends meet through the winter months, now is the time to tidy it up.

Recent research showed that almost half of people who have a zero per cent deal on a credit card don't pay off their balance by the time the deal ends.

Keep an eye on when any promotional deals end, and remember if you don't make your minimum repayments, it'll end earlier. Shop around to see if you could save yourself a tonne each month by doing a balance transfer too.

Mop up money worries

The promise of some quick and easy cash from a short-term loan might have felt like the ideal solution at Christmas.

But now you've rolled the loan over twice and there's no sign of being able to repay it.

Tackling these problems head- on can stop them becoming unmanageable.

Speak to the lender and tell it that you're struggling with the repayments. It has a duty to help you. If it doesn't, get in touch – we can tell it to accept affordable monthly repayments and ease the strain.

If your money worries go further than this then there are free debt advice groups – such as StepChange or Citizens Advice – that may be able to offer you help in finding a long-term solution to your money worries.

We hope that dusting off your finances helps money matters go smoothly in 2015. But if something goes wrong, speak to the financial business involved – they should be able to sort things out. If you still aren't happy, we might be able to help.

Chemist rota

Pharmacists in Tower Hamlets with extended opening hours.

E1

ABC Drug Stores, 12-14 Montague Street: Mon-Fri 9am-7pm, Sat 9am-5.30pm, Sun 10am-2.30pm.
Beck & Sherman, 197 Whitechapel Road: Mon-Fri 9am-7pm, Sat 9am-5.30pm, bank holidays 11am-1pm.
Sainsbury's, The Albion Brewery: Mon-Fri 8.30am-10pm, Sat 7.30am-10pm, Sun 11am-5pm.
Chapel, 139 Cannon Street: Mon-Fri 9am-8pm, Sat 9am-6pm.

E2

Fairdale, 360 Bethnal Green Road: Mon, Tues, Weds, Fri 9am-6.30pm, Thurs 9am-1pm, Sat 9am-6pm, bank holidays 11am-2pm.
Florida, 307 Bethnal Green Road: Mon-Fri 9am-7pm, Sat 9am-6pm, bank holidays 11am-2pm.

E3

Bell, 534 Roman Road: Mon-Sat 7am-11pm, Sun 10am-2pm.
Forward, 648 Mile End Road: Mon-Fri 9am-7pm, Sat 9am-6pm, Sun and bank holidays 10am-6pm.
Green Light, St Andrew's Health Centre, 2 Hannaford Walk: 8am-8pm, seven days a week, including bank holidays.
Lincoln, 60 St Paul's Way: Mon, Tues, Weds 8am-8pm, Thurs, Fri, 8am-8pm, Sat 9am-5pm.
Tesco, Hancock Road: Mon 8am-10.30pm, Tues-Fri 6.30am-10.30pm, Sat 6.30am-10pm, Sun 11am-4pm.

E14

Boots, Unit 15, Jubilee Place: Mon-Fri 7am-midnight, Sat 9am-6pm, Sun 12pm-6pm.
Britannia (Perimart), Asda Precinct, East Ferry Road: Mon-Sat 9am-8pm, Sun 11am-4pm, bank holidays 11am-6pm.

Doctors

Please ring your doctor's surgery for an appointment, but if it's the weekend or late at night, call 7377 7151 (only for people in Tower Hamlets who are registered with a doctor). To find a doctor, dentist or help to quit smoking call the health hotline on 7364 5016, Mon-Fri 8am-8pm and Sat 8am-4pm.

Advice

East London Parkinson's Support Group
For people with Parkinson's disease and their carers. Meets third Weds each month, 11am-12pm at John Scurr Community Centre, 1A Bekesbourne St, E14.
0844 225 3704/0808 800 0303

Family Information Service (FIS)
The Family Information Service provides information for people from birth to age 19 including helping parents and carers find childcare, advice on tax credits and childcare vouchers. Open Mon-Fri, 8am-6pm.
30 Greatorex Street, E1.
fis@towerhamlets.gov.uk
7364 6495

Alzheimer's Society Tower Hamlets
Advice and help for carers and people with dementia.
Mon-Fri, 9am-5pm.
Robinson Centre, Mile End Hospital, Bancroft Road, E1.
8121 5626

Tower Hamlets Advocacy Project
Independent advocates for adults with learning disabilities.
Mon-Fri, 9.30am-4.30pm.
Gladstone Place, 1 Ewart Place, E3.
7364 2550/2199

Parents Advice Centre (PAC)
Offers advice around special educational needs (SEN).
30 Greatorex Street, E1. Drop-in sessions every Tues & Fri, 9:30am-3.30pm.
364 6489

LinkAge Plus
An initiative of the Department for Work and Pensions. Toynbee Hall is one of five centres that coordinates services and activities provided. Mon-Fri from 9am-5pm, drop-in session for advice on benefits, pensions, employment and housing. Appointments necessary. Mon 9am-5pm, Bangladeshi group. Toynbee Hall, Commercial Street, E1
7392 2914
www.toynbeehall.org.uk

Free Advice
Benefits, housing, immigration. Bengali speakers, home visits to house-bound. Weds, 10.30am-12.30pm, Island House, Roserton Street, E14. Thurs, 1-3pm, Splash, Will Crooks Estate, Poplar High Street, E14.
7987 9379

Skillsmatch
Free advice on all aspects of employment including training, apprenticeships and job vacancies.
Canary Wharf Recruitment & Training Centre, 55 Upper Bank Street, E14.
7364 3727 or email skillsmatch@towerhamlets.gov.uk

Photo order form

Copies of pictures published in East End Life taken by council photographers are available to readers. To request a copy, email **eastendlife.news@towerhamlets.gov.uk** and we can send it straight away. If you do not have access to email fill in this form and send it to Photos, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. This service does take longer.

Name .....

Address .....

.....

.....

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Tower Hamlets National Childbirth Trust
Offers support, information and friendship to parents and parents-to-be. Regular events.
07976 710964 or towerhamletsnct@yahoo.com
www.nct.org.uk

Breastfeeding Support Centres
Mon 11am-1pm Wapping Children's Centre, 15 Chandler St, E1. Weds 12.30-2.30pm, Collingwood Children's Centre, Buckhurst St, E1. Fri 12.30-2.30pm, Overland Children's Centre, 60 Parnell Rd, E3. Sun 2-4pm Barkantine Birth Centre, 121 Westferry Rd, E14.
3594 2591 or 07961 609 626

Free home fire safety advice
From the London Fire Brigade
08000 28 44 28

Careers advice

Tower Hamlets Careers Service
Careers advice for ages 13-19 (up to 25 SEN). Mon-Fri, 1pm-5pm. Appointments available.
Careers Centre, 35 Bow Road, E3.
7364 1401

TH Lifelong Learning
Mon-Thurs, 10am-4pm.
Shadwell Centre, 455 The Highway, E1.

Careers advice
Support from Civic Enterprise Clubs Co-operative. Tues & Thurs, 1-4pm & 6-9pm Bishopsgate Institute, 230 Bishopsgate, EC2.
07432 463343

A fun way to learn about health

"There is a 42 per cent overweight/obesity rate at age 11 in Tower Hamlets and schools are key to ensuring the next generation of children grow up making the right healthy choices."

SARAH HAMMOND FROM ARTSPOKES

The bell tolls

"Every time our bell rings, we step closer to our dreams."

INSCRIPTION ON HARRY GOSLING SCHOOL BELL

News

Learning to be healthy, Japanese style

Marner pupils learn about Japanese lifestyles and culture

BY JESSICA ODUBAYO

JAPANESE guests were invited to a school in Bow to pass on some of their nation's healthy lifestyle choices.

Marner Primary School hosted the Japan day to encourage pupils and their families to adopt some of the culture's healthy eating ways.

Four volunteers from the Japan Society demonstrated how to make sushi and Dr Beccy Scott from Bromley by Bow Health Centre gave a talk on health.

And Japanese haiku poet and performance artist Little Onion motivated children to write poetry inspired by exotic fruits, vegetables and fish from Chrisp Street market in Poplar.

Children also learnt origami, calligraphy and a little of the Japanese language led by volunteers from Queen Mary University of London, the Royal College of Art and artist Noriko Michigami.

Head teacher Mary Todd said: "Everyone had such good fun and thoroughly enjoyed all the Japanese activities. For a lot of our children this is the first time they have been exposed to Japanese culture first hand, so it was exciting for the staff to see how they would react."

The day was organised with the support of social enterprise ArtSpokes as part of a campaign to promote healthy eating. Spokeswoman Sarah Hammond said: "Our aim is to encourage children to eat healthily in a fun and unusual way. Introducing them to Japanese culture by making sushi and creating haiku poetry is a great way to do this and will hopefully engage with them and encourage them to adopt some of these healthy ways themselves."

St Andrew's health centre in Poplar is supporting the campaign and will be running a session for the children explaining how fat affects health.

Yukari Twamoto from the Royal College of Art works with Crystelle

Photos by Sarah Hammond

'Work hard for a fun career'

AN inscription on their school bell gave children at Harry Gosling Primary School in Whitechapel inspiration to think about their future dreams and what they need to do to make them a reality.

The school hosted a careers day, inviting speakers from a range of professions to address pupils in classes from reception to year 6, based on the theme of the inscription: "Every time our bell rings, we step closer to our dreams."

A television comedy writer, health service manager, textile designer, start-up founder, firefighters and employees from Wates Construction were among those who attended the event.

Ben Bloom, a sports journalist, said: "It was brilliant speaking to the children and helping them see how working hard at their reading and writing can lead to a fun career in the future."

Head teacher Jennie Bird said: "We wanted to broaden our children's horizons and help give them the intrinsic motivation to succeed in education.

"We've been working hard on 'learning behaviours' – such as collaboration and perseverance – and it was great to see our speakers explain how they used these skills in their jobs. I'd like to thank them all for giving up their time to visit us."

Virgina Primary School pupils with Craig from Eastside

THE tale of Robinson Crusoe was the focus of a drama workshop held at Virginia Primary School in Spitalfields as part of World Book Day, on March 5. Members of Eastside Educational Trust helped year 6 pupils bring the story to life and encouraged the children to act out some of the emotions and relationships between characters in the book. Children at Shapla Primary School in Wapping invited their reading and number partners from law firm Clifford Chance to join them for a reading session.

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Interesting, original

"Not only will this be an interesting exhibition, but an original approach to generate awareness and funds."

OLD TRUMAN BREWERY

On-the-job training

Since 2012, more than 100 young people have worked as apprentices at the former Olympic Park in jobs ranging from construction and business administration to leisure.

SEE BELOW

News

News in brief

Party for Petchey

MEMBERS of a Bethnal Green dance group were set to join hundreds of other young people to perform at Theatre Royal, Drury Lane as part of celebrations marking the 15th anniversary of the Jack Petchey Foundation.

The group, Young and Talented, were due to sing and dance at the Ignite festival on Sunday, March 15 which also highlights the £100 million invested in schools and youth organisations, including more than £5 million in Tower Hamlets, by the foundation.

Writing workshops

AWARD-winning writer Patricia Cumper will lead two writing workshops next month, to help Bengali women turn their life experiences into short stories.

Professional female actors will read the stories at an event on Saturday, May 16.

Writers can remain anonymous if they wish.

To attend the free workshops at Rich Mix, Bethnal Green Road on April 7 and 22, email **Pauline@strongbackproductions.com** with your name and a short paragraph about why you would like to take part.

Business meeting

BUSINESSES are invited to a meeting of the Bethnal Green Business Forum, on Wednesday, March 25 at 6pm.

The meeting will be held at Oxford House, Derbyshire Street.

For further information visit **www.bgbusinessforum.org.uk** or email **news@bgbusiness forum.org.uk**

Growing pains tips

BUSINESS leaders will offer advice addressing the barriers to growth for small and mid-sized enterprises, at a two-day conference and exhibition.

It takes place at the Old Truman Brewery, in Spitalfields, on Wednesday and Thursday, March 18 & 19.

For more information visit **http://elitebusinessevent.co.uk**

HUNDREDS of milk bottles are being used to mark the fourth anniversary of the start of the Syrian crisis that has forced millions of people from their homes.
Syrian artists Ibrahim Fakhri (pictured) has devised the installation at the Truman Brewery in Brick Lane as part of a campaign by the Red Cross. The installation shows the entrance to a family home with 1,461 milk bottles outside – one for each day of the crisis. It runs until Sunday, March 22.
To make a donation to the Syria Crisis Appeal visit redcross.org.uk/syriacrisis or text SYRIA to 70600 to give £3.

Assemble for a food revolution

TWO Bow residents have come together to launch a Food Assembly in Roman Road.

Laura Polazzi and Ioana Dragomir said the initiative aimed to improve the availability of high-quality local produce and bring the community together.

"We are local residents and want to contribute to improve the food offer available on our high street," Laura explained.

"The Food Assembly would be a new great shopping opportunity for many residents.

"As a weekly meet-up in a friendly wine bar, this initiative would also help bring the community together."

The weekly pop-up food market will be an opportunity for the community to exchange more than food – they can meet neighbours and the people behind the produce, as well as attend seasonal events and foodie workshops.

Laura and Ioana say they need 200 members to launch the assembly – to become a member or for further information, log on to **https://the foodassembly.com/en/assemblies/7380**

Once launched, assemblies will be held every Thursday from 6-7.30pm at Vinarius wine shop, 536 Roman Road, Bow.

Top apprentices win awards

BY JESSICA ODUBAYO

APPRENTICES past and present from the borough won a clutch of awards for their achievements during National Apprenticeship Week last week.

Former apprentice Steven Condon, who now plays a key role in managing the Copper Box Arena at the Olympic Park, was named Apprentice of the Year by the London Legacy Development Corporation.

The 21-year-old, who began working at the Copper Box in June 2013 and is now venue duty manager, took the title after emerging as "a natural leader".

His colleagues described also described him as a dedicated, motivated and professional.

Steven said: "This award means a great deal to me and it is fantastic to share this experience with my mum and dad.

"This experience has made me want to further my career with GLL [which runs the arena]. I would also like to thank my colleagues for all the support they have given me during the last 18 months."

The award was presented at a ceremony at City Hall on March 4 to celebrate the success of apprentices working at Queen Elizabeth Olympic Park.

Steven Condon

Shah Alam with Optimity boss Anthony Impey

Nadira Begum

> "We hope this will be the first step in their long and productive careers."
> David Goldstone

David Goldstone, chief executive of the corporation, said: "We're delighted that so many local young people have been honoured for their hard work and dedication in transforming and operating Queen Elizabeth Olympic Park.

"We hope that this will be the first step in their long and productive careers and that others will be inspired to both take up apprenticeships and to employ apprentices."

At the Mayor's Fund for London Employment Awards, held at Rich Mix in Bethnal Green, Shah Alam and Nadira Begum won Outstanding Achievement Awards, Shah with distinction.

At the age of 15, Shah became responsible for paying the mortgage for his family home when his mother became very ill and his father gave up work to become her full-time carer.

With a number of different low-paid part-time jobs, Shah was able to meet the mortgage commitments but the long hours he worked meant his school studies suffered. He managed to get five GCSEs but left college before gaining any further qualifications.

He was 19 and juggling three jobs when he found an apprenticeship with internet services provider Optimity.

The company set his earnings so that he did not need to find other part-time work and could concentrate on his training.

Last summer Shah was promoted before completing his level 3 apprenticeship.

Nadira joined BT as a higher apprentice in 2013 and has had important roles in key projects.

In addition to her operational role, she volunteered to help refurbish a food bank in Romford and raised £540 for Sports Relief last year.

As a higher apprentice, she is completing a foundation degree in ICT & communications as well NVQ at level 4 and is currently ahead of all her targets by ten per cent.

Boris Johnson, mayor of London, said: "For London to retain its pre-eminence in a highly competitive global market, there has to be continuous investment in our young people, from all backgrounds.

"The Mayor's Fund for London is doing fantastic work in this area and I applaud the efforts of all the organisations and individuals being recognised,"

■ **Tower Hamlets Homes celebrates apprenticeship scheme – page 25**

Helping the wellbeing of families

"I decided to train as an independent parental supporter because I am willing to help improve the wellbeing of families with SEND, and achieve a fairer educational provision in the borough."

VOLUNTEER MO HAYDER, LEFT

Advice and support

The Parents' Advice Centre offers support to parents, carers and young people with special educational needs.

7364 6489

"I had gone through some of those challenges myself"

BY IAN READ

IF you were told your child had special educational needs, what would you do?

Would you know what help was available? What special provision your child's school could make? Where to meet parents who are in the same position?

Twelve more volunteers are now available to help families in Tower Hamlets who find themselves in this situation.

Last month these volunteers formally graduated as independent parental supporters for the council's Parents' Advice Centre.

They have completed an intensive 12-week training programme and will now be supporting families to navigate their way through all the help and services that are available for children and young people with special educational needs and disabilities (SEND).

The volunteers were presented with their certificates and formally thanked at a ceremony held at the Parents' Advice Centre in Greatorex Street.

Cllr Gulam Robbani, cabinet member for education and children's services, said: "We are delighted to congratulate the latest group of volunteers on graduating as independent parental supporters.

"We welcome the expansion of SEND services to include an older age range but this does inevitability put an extra strain on our services.

"The support of these volunteers is vital in ensuring everyone gets the level of service they need."

The independent parental supporters act as advocates for families with children and young people with SEND. They accompany families to meetings, help to liaise between different agencies and signpost services.

Many have children or family members with SEND so have experience of accessing all the various services, and of navigating through the process of requesting additional support.

New legislation means councils have extended their services for people with SEND to those aged 25. The volunteers are vital in helping the council cope with this extra demand.

Mo Hayder, who graduated from the programme, said: "I decided to train as an independent parental supporter because I am willing to help improve the wellbeing of families with SEND, and achieve a fairer educational provision in the borough.

"I am willing to make a difference in the community, because when parents are empowered then it has a positive impact in all areas of personal and community life."

Since the programme started in 2011, more than 50 volunteers have become independent parental supporters. They are expected to help for a minimum of six months, but some stay on much longer.

Others find the process a great step into employment, with several graduates going on to work as learning support helpers in local schools or at charities.

After home-educating her daughter who has special needs, Netty Yasin volunteered, graduating in 2012. She is now employed by the council, co-ordinating volunteers and an advice line.

Mrs Yasin was looking for work after her daughter started secondary school and said she found that helping navigate parents through the SEND process was her ideal role.

She said: "It felt much more rewarding for me personally because I had gone through some of those challenges myself, but also to see people feel that they were informed and therefore empowered."

Graduates cut the cake (Below) Nileema Yesmin

> "When parents are empowered, it has a positive impact in all areas of their life."
>
> Mo Hayder, programme graduate

Landlord Licensing Scheme Consultation

TOWER HAMLETS

A SELECTIVE LICENSING SCHEME FOR THE PRIVATE RENTED SECTOR

Tower Hamlets Council is considering introducing a selective licensing scheme for private landlords renting properties to tenants. This will mean that private landlords will need to obtain a license from the council before a property can be rented out.

The council wants to use selective licensing to tackle anti-social behaviour, deal with poor housing standards and to assist in improving the overall management of rented accommodation.

The areas where the scheme is under consideration are:

- **Spitalfields and Banglatown**
- **Weavers**
- **Whitechapel**
- **Bow East**
- **Bow West**
- **Blackwall and Cubitt Town**
- **Millwall**

For more information, come to one of our drop in sessions, at 6.30pm.

Tue 14/04/15 - St Margaret's House (Bow West)
Mon 20/04/15 - Harry Gosling School (Whitechapel)
Thurs 30/04/15 - PDC Bethnal Green (Weavers)
Tues 05/05/15 - Idea Store Bow (Bow East)
Tues 12/05/15 - Idea Store Whitechapel (Spitalfields & Banglatown)
Mon 18/05/15 - Rowing Club (Millwall)
Mon 01/06/15 - Mulberry Place (Blackwall & Cubitt Town)

If you are a private sector tenant, landlord, business or service provider located in or outside the areas listed above and would like to make some comments then please complete the online questionnaire at www.towerhamlets.gov.uk/llsconsultation

For further information, log on to
www.towerhamlets.gov.uk/landlordlicensing
Consultation runs from March 16, 2015 for 12 weeks

Help with finances

For more information or to find a course near you email **money@toynbeehall.org.uk** or call 7392 2989.

Help yourself, help your community

By becoming a Money Mentor you will receive a nationally recognised qualification, 60 hours of training and help your community gain the confidence to manage their money.

Feature

Scores of residents whose lives have been turned around by a programme that tackles financial exclusion attended the launch of a report highlighting its impact on the community. **Jessica Odubayo** reports. Photos by **Kois Miah**.

COMMUNITY organisation Toynbee Hall set up the Money Mentors programme in 2012. Run in partnership with the council and a network of community groups, the scheme supports residents to manage their finances and budget.

The programme tackles high levels of financial exclusion and increases capability and money management, through teaching and one-to-one guidance.

As a result of the initiative, a network of more than 300 Money Mentors graduates has been created to support others to tackle debt and finance problems.

An evaluation report, funded by the Threadneedle Foundation, found that:

- 65 per cent of participants have more confidence in their financial future after completing the Money Mentors programme
- 48 per cent of participants experienced a positive change in their budgeting skills
- those who describe themselves as 'always struggling' decreased from 40 per cent to just two per cent
- 43 per cent of participants felt that their relationships with family and friends had improved.

Toynbee Hall's Sian Williams told the audience at the launch of the report that the programme has significantly increased participants' ability to manage their household budget. It had also, she said, encouraged active saving and had wider benefits on individuals such as improved health, diet and relationships.

Bow resident and Money Mentor graduate Cathy Trainin said she had a long history of debt before her landlord referred her to the programme.

"Money was like sand, I couldn't keep hold of it and didn't know how to," Cathy said.

"The course worked because it is very personal. Now, it feels like all the strings are being pulled into place. I'm putting my experience into practice. I'm paying off debts and I don't have sleepless nights. I have started saving in a jam jar for a rainy day and I've been signposted to an enterprise course."

Cathy now mentors others and said she has helped a neighbour change energy provider, spoken to an elderly resident about changing bank accounts and setting up direct debits, and would like to take the project to prisons.

Jeremy, who has also graduated from the programme, said: "I owed money to various banks but the way I look at debt has changed. Meeting others in the same position has been helpful. I've now gone into volunteering and the course has given me the confidence to set up a charity."

Alison Jeffries, chair of the Threadneedle Foundation, described Money Mentors as an effective grassroots initiative. She said she hoped the report would be a catalyst to roll the programme out further.

Toynbee Hall chief executive Graham Fisher

> "I'm paying off debts and I don't have sleepless nights."
> Cathy Trainin

> "Money was like sand, I couldn't keep hold of it and didn't know how to"

Tackling your money worries, step-by-step

TOYNBEE Hall's free and impartial debt advice service helps people to manage debt problems.

Call 7392 2953, Monday-Friday, 9am to 5pm to book an appointment.

If you are unable to attend a daytime appointment you can visit the drop-in service at 28 Commercial Street, E1, on Thursday evenings. Doors open from 5pm. Email advice@toynbeehall.org.uk

The community organisation lists five steps to sorting out your debts.

Step 1. Don't panic!

No matter how desperate things seem, there are ways to manage your debts. If you feel totally swamped, and don't know what to do, go to an advice agency.

Step 2. Check you actually owe the money

Are you responsible for the debt? If you are responsible for a bill, it means that you can be taken to court or have bailiffs come round to try to take your stuff to pay the debt. Despite popular belief, husbands, wives, partners, and family members are not normally responsible for each other's bills. In most cases the person who is liable will be named on the bill.

Step 3. Prioritise the debts

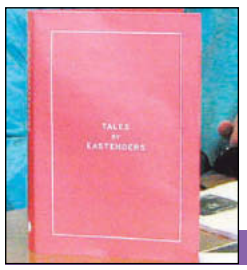
Some types of debt need sorting first, because they can cause you serious problems if you don't pay them. These include rent or mortgage – if you do not pay them you could lose your home; loans secured on your home – if you don't keep up the payments.

Step 4. Are the amounts they claim you owe correct?

Check their sums, and check that they've received all the payments you've made.

Step 5. Negotiate with creditors

You can contact the people you owe money to at any time and offer to pay some money – even if you cannot pay it all.



Get your hands on a copy

Tales by Eastenders is available now. For more information go to **sundialbookproject.wordpress.com** or **www.facebook.com/sundialbookproject**

Got a story to tell?

If you have a tale about East End history, write to John Rennie or email him at **johnrennie@gmail.com**

WWW.EASTLONDONHISTORY.COM

Recollections and reflections of East End days gone by

Sundial Centre members publish book of poems, prose and pictures

BY JOHN RENNIE

Contributors at an editorial meeting

Preparing for the book launch

Don, a contributing photographer

A PLAIN red cover, with the promising legend Tales by Eastenders. And within, a collection of simple tales, recollections and reflections, in prose and poetry, of life in an East End disappearing into history.

The book has been years in the making and arose from two weekly groups for older residents, run out of the Sundial Centre in Shipton Street, just north of Columbia Road in Bethnal Green.

The Sundial creative writing group and the Sundial digital photography group had been working happily for years. Ironically, it was only when funding for tutors was removed that the groups came up with the idea for a book, which would bring words and pictures together.

Mark Mapstone, initially one of the writers but latterly the editor, talked about the genesis of the work. Amusingly, it began with him being removed from the writing team for being too young.

"At the early stage, when we first decided to write a book, we had four writers, the youngest of those being myself, at 56, a good 20 years younger than our other three.

"When the funding was removed, we all agreed to do something to raise money for our centre, to ensure classes could continue with paid tutors where necessary."

The stories are the everyday stuff of the 1940s, 50s and 60s, "stories and poems of cabbies, mothers, children, drinking, street parties, work, the war and many memories...". A "personal sense of history in our communities", as the editor puts it.

Barry Gendler was born in 1931 in Clapton. "Can you imagine your surprise to find out at 78-ish that you have the ability to write something other than your age and address," he laughs.

Barry recalls his first days as a black cab driver in the 1950s. A fare picked up in the West End had him stop at Savile Row to pick up a posh suit... then on to Heathrow, in those days known as London Airport.

The only problem was the meters then weren't sophisticated enough to calculate the whole fare. So it was 19 shillings, double it and then a two-bob tip: for a grand total of £2, a large amount in those days. "My recollection of the airport was Nissen huts north of the runway, alongside the A4."

Sally Flood was born in Chambord Street in 1925 and has always loved writing.

She says: "As a child I was always writing and it carried on. When I was 50 I sent some poems to the Basement Writers in Cable Street." Over the next 20 years Sally had three books published. "I think my writing is like a diary," she says.

In the new book, Sally recalls heading from Fenchurch Street to Southend with her mum amid the smoke and the steam. Then the Second World War, when everything really changed.

"At the station, with a label pinned to my coat, a cardboard box slung over one shoulder, two carrier bags and two younger brothers; I was the mother this time."

Evacuees of course. To Coltishall in Norfolk, a "cattle market" where families chose from the new arrivals, and Sally – in panic realising she's lost one brother – clinging to the other.

Seven months later and the trio are safely back in the East End, "where we belonged. Once a Cockney always a Cockney".

And there were bicycles of course, the cheapest mode of travel of all. And though far less sophisticated than modern models, the youngsters would rove for miles.

Dorothy Lloyd was born in Commercial Road in 1929, and the three years evacuated out are the only time she has ever left the East End. A happy marriage, two kids, six grandchildren and 12 great grandchildren later, Dorothy is still proud to call herself a Cockney.

She remembers trips to Hackney Marshes, Epping Forest, Harlow, even Southend, when the youngsters could leave their cycles propped up outside the café while they nipped in for a (soft) drink... not much risk of them being pinched in those far-off days.

Another free entertainment was swimming, though with Dorothy and her pals learning to swim in the polluted River Lea, you had to be hardy... or foolhardy perhaps. "Many lives were lost there." says Dorothy, getting "caught by debris under the water."

By the time she was evacuated to Sawbridgeworth near Harlow she was banned from swimming due to heart trouble.

From Harlow, they would watch the Spitfires joust with incoming German bombers, amid a torrent of ack-ack fire from the ground. Poignant to think these plucky fighters were all that stood between the bombers and the destruction of the children's homes back in the East End.

Ann Hamblin was born one of 14 in Columbia Market in 1927. Like many East Enders, for her it was all about getting the green into the city. A little Bethnal Green house was too small for 14 to spend much time in, so it was off to Victoria Park, where her fitness-mad brother taught Ann and two younger brothers to swim in the lake.

Many of the photos come from Vincent Felice, born in France in 1927 and a refugee to England in 1940. "I have lived and worked in the East End all my life. I am not very good at writing but my photography says what I can't say in words."

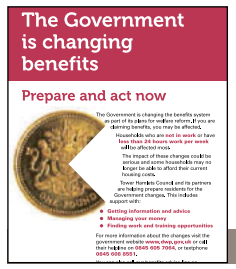
And Don Archer, born in the London Hospital, started taking pictures at the age of ten. Then it was the family's Box Brownie, now it's something a little more digital... but all the memories are captured here.

Left: World War II evacuees

A range of services

The council provides many services for residents and businesses. Go to the A-Z on the website at

WWW.TOWERHAMLETS.GOV.UK


The Government is changing benefits

Prepare and act now

Get information on welfare reform

The council's benefits service can provide information about housing benefit, council tax benefit and entitlement to free school meals. It has compiled a list of helpful agencies at...

WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM

Council information

Tower Hamlets forward planner

TOWER Hamlets Council produces a forward plan every month detailing the key decisions it will take, together with the details of the author, and consultation undertaken. It can be found in Idea Stores, libraries, One Stop Shops and council offices or at www.tower hamlets. gov.uk/data/ your-council/data/forward-plan/forward-plan.cfm

Meetings

Tuesday, March 17

6.30pm: Extraordinary licensing committee
The meeting will discuss an application for a sexual entertainment venue licence for the Nags Head, 17-19 Whitechapel Road, E1.
For more information call 7364 4120 or email simmi.yesmin@ towerhamlets.gov.uk

7pm: Audit committee
The agenda includes reports on the annual internal audit plan for 2015/16 and the annual anti-fraud and corruption strategy.
More information on 7364 0842 or email nishaat.ismail@ towerhamlets.gov.uk

Wednesday, March 18

6.30pm: King George's Field charity board
Call 7364 4878 or email david.knight@tower hamlets.gov.uk

Tuesday, March 24

7pm: Health scrutiny panel
For details call 7364 4881 or email antonella.burgio@ towerhamlets.gov.uk

Wednesday, March 25

7pm: General purposes committee
For details call 7364 4878

7.30pm: Human resources committee
For details call 7364 4651 or email matthew.mannion@ towerhamlets.gov.uk

Tuesday, March 31

6.30pm: Extraordinary licensing committee
Details from Simmi Yesmin (see left).

Details are accurate at time of going to press. Agendas are available online a week before meetings, which are at the Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG, except cabinet.

Tower Hamlets online

www.towerhamlets.gov.uk
For information on council services, including:

- report a missed rubbish collection
- make a doorstep recycling request
- report an abandoned vehicle
- bulk rubbish collections

Planning

E1

35-37 Mile End Road – application for non-material amendment of planning permission ref. PA/09/02476, dated 3.2.10, for erection of five-storey office block and four-storey residential building with private and communal amenity areas. Amendment sought: alterations to positions of windows and balcony design.

13-41 Solebay Street – expansion of existing light-industrial facility, including sub-division of ground floor, addition of in-fill extension at second- and third-floor level and addition of fourth-floor roof extension.

E2

65 Old Ford Road – single-storey roof extension.

E3

64 Tredegar Road – submission of information in connection with travel plan in accordance section 106 agreement, re planning permission ref: PA/10/02340, dated 30.3.12.

Outside St Mary's Court, 150-164 Bow Road – prior approval for siting and appearance of freestanding Openstyle BT payphone kiosk. Existing kiosk is being relocated approximately 50 metres to the east (ie outside 150-164 Bow Road) from outside pavement of 116 Bow Road as part of Super Cycle Highway grade. Proposed kiosk is subject of separate advertisement consent.

E14

Wood Wharf, Prestons Road – application for non-material amendment of planning permission ref: PA/13/02969, dated 14.11.14, for installation of cofferdam structure in South Dock and installation of a secant piled wall and temporary cut-off barrier on existing land forming part of Wood Wharf site, alongside adjacent or associated engineering works and operations. Amendments sought: minor realignment of temporary in-land water cut-off barrier; minor realignment of cofferdam (combi-sheet piled wall); removal of dock sediment retaining area.

25-28 Dalgleish Street – application for non-material amendment to outline planning permission ref: PA/11/03382, dated 30.12.12. Non-material amendment sought: construction of part basement for cycle store and plant room wholly beneath permitted building footprint and amendments to ground-level communal amenity area and roof-level communal area and area for photovoltaics.

4 Bradshaw Cottages, Repton Street – single-storey rear extension and loft conversion with front and rear dormers.

Alcohol ban is upheld

THE council's licensing sub-committee upheld a decision to revoke an alcohol licence for Shiraz Food and Wine in Hackney Road, E2.

The committee, which met on February 24, also reduced the hours in which The New Globe pub in Mile End Road, E1 can serve alcohol.

Both premises have until March 19 to lodge appeals with Thames Magistrates' Court.

The review of Shiraz was triggered by the Metropolitan Police following a visit by officers with staff from HM Revenue & Customs and the council's trading standards and licensing teams that unearthed 351 bottles of smuggled alcohol.

It was supported by trading standards officers who provided evidence of under-age sales and possible sales to vulnerable street drinkers.

The New Globe review was also triggered by police following incidents of disorder.

The committee cut its operating hours to 11.30pm, Sunday to Thursday and midnight on Fridays and Saturdays.

The sub-committee also ruled the premises must install and maintain a comprehensive CCTV system and that no drinks be taken outside of the pub.

Cllr Ohid Ahmed, cabinet member for community safety, said: "The decision to uphold these restrictions on selling alcohol sends a clear message."

If you believe that an off-licence is operating beyond its hours, you can email the licensing department at **licensing@towerhamlets.gov.uk** with details of the offence, including the date and time.

Drug treatment providers

Community Drug Team
Substitute prescribing, key working, health screening & referral to residential treatment.
71 Johnson Street, E1.
7790 1344
www.lifeline.org.uk

Nafas
Support with a focus on Bangladeshi community.
The Davenant Centre, 179-181 Whitechapel Road, E1
7377 0676.

Harbour Recovery Centre
In-patient detox for 18+ males.
Riverside House, 4th Floor, 20 Garford Street, E14.
7538 9421

Young People's Service
Treatment for under-19s
Unit 26, Skyline Village, Limeharbour, E14.
3069 7878
www.lifeline.org.uk

Isis
For women aged over 18
c/o Hopetown Hostel, 60 Old Montague Street, E1.
7426 0399
www.compass-uk.org

Community Alcohol Team
Unit 22, Skylines Village Limeharbour, E14.
0800 008 7200
www.rapt.org.uk

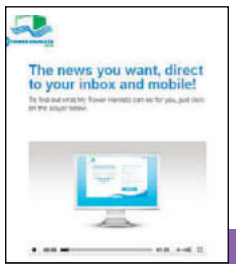
Somali Substance Misuse
Help, advice & referral for people with khat, alcohol or drug issues. Contact Idriis Elmi.
Mind in Tower Hamlets & Newham, Open House
13 Whitethorn Street, E3.
7510 1081

Congratulate your loved ones on their Wedding Anniversary through the Family Announcements

1 Year Paper	4 Years Fruit & Flowers	7 Years Woollen	10 Years Tin	20 Years China	35 Years Coral	50 Years Golden
2 Years Cotton	5 Years Wooden	8 Years Salt	12 Years Silk	25 Years Silver	40 Years Ruby	55 Years Emerald
3 Years Leather	6 Years Sugar	9 Years Copper	15 Years Crystal	30 Years Pearl	45 Years Sapphire	60 Years Diamond

To place your announcement in East End Life call...

Terri on 7364 4682, Chris on 7364 4994, Fatima on 7364 4623 or Sharan on 7364 4061



Register now for free news

Tower Hamlets residents can register for the free news and consultation service giving updates on subjects they choose as often as they want them. For more information visit...

MY.TOWERHAMLETS.GOV.UK

Did you get it?

Last week's photo was taken at the Royal London Hospital, E1.

Council information

Town Hall

Town Hall, Mulberry Place, 5 Clove Crescent, E14 2BG. 7364 5000

Hotline numbers

Housing benefits – 7364 5001
Council tax – 7364 5002
Parking services – 7364 5003
Streetline – 7364 5004
Adult social care – 7364 5005
Children's services – 7364 5006
Pest and noise nuisance – 7364 5007
Employment & skills service (Skillsmatch) – 7364 3727
Environmental health, trading standards & licensing – 7364 5008
Planning & development – 7364 5009
Business rates – 7364 5010
Recruitment line – 7364 5011
Electoral services – 7364 0872
Tower Hamlets Homes – 7364 5015
Healthline – 7364 5016

General enquiries

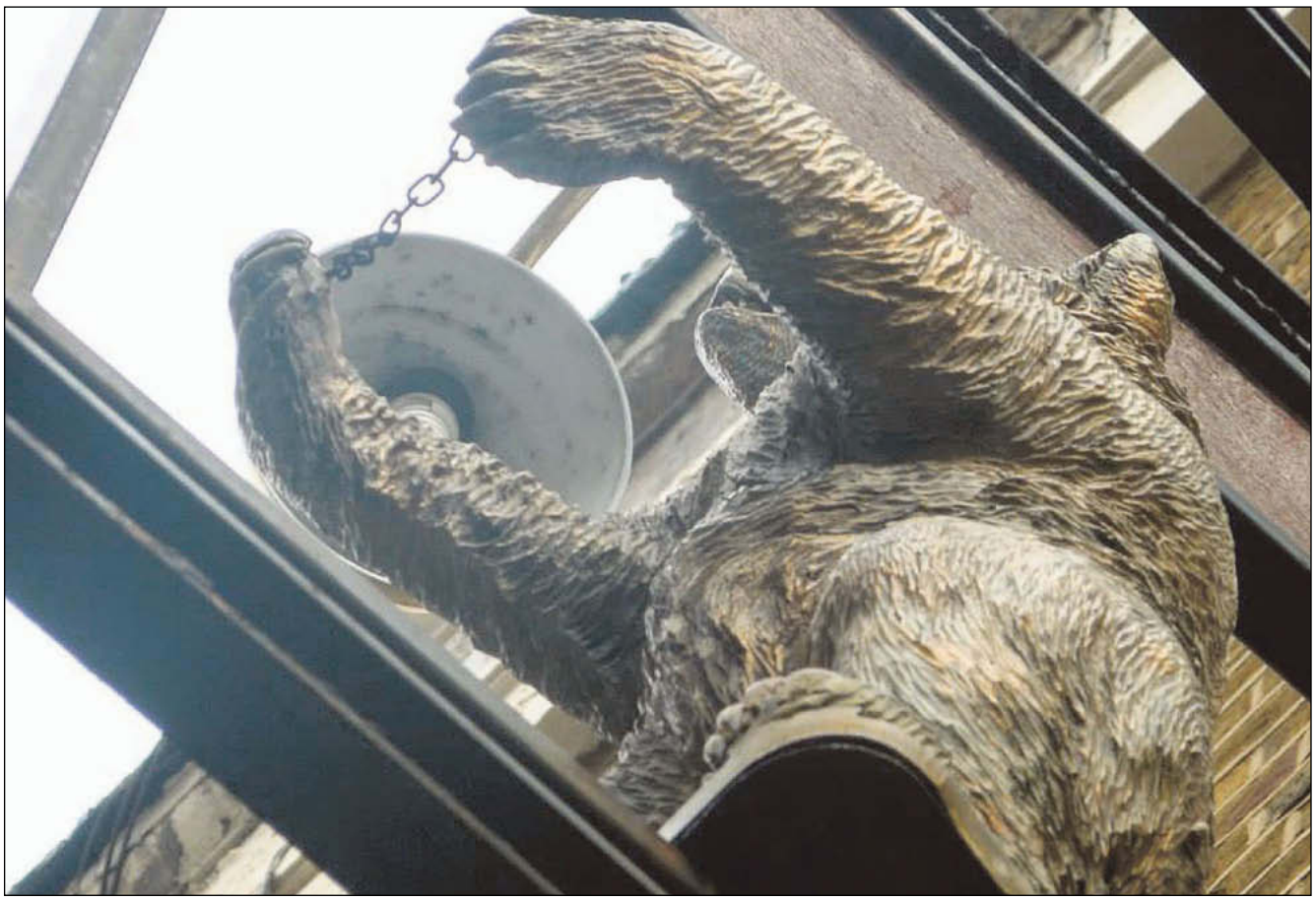
Council enquiries – 7364 5020.

Useful housing numbers

Housing repairs – 0800 376 1637
Tenancy support – 7364 5544
Housing advice (E14) – 7364 7507
Housing advice (E1, E2 or E3) – 7364 3558
Homeless service – 7364 7474
Choice-based lettings – 7364 0244
Homeseekers – 0845 270 2400

Switchboard

If you know the name of the person or department, call the switchboard on 7364 5000.



Do you know where this unusual feature of the borough can be found? The photo was taken by Debra Plucknett while she was "on location" as part of a photography course with Walk East Photography. If you have photos of your own you would like to see published in East End Life, email them to eastendlife.news@towerhamlets.gov.uk or send them to Photo Poser, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. They need to be high resolution, at least 1MB and 300 dpi.

Report it!

To report an incident, use these 24-hour freephone numbers:
Non-emergency crimes – 101
Textphone – 18001 101

If a crime is in progress, there is an emergency or if anyone is in immediate danger dial 999.

The council's domestic violence team can provide information, signposting and referrals to local services. Bengali speakers available 0800 279 5434 (office hours)

24-hour domestic violence national helpline
0808 2000 247

Haven Whitechapel (sexual assault referral centre)
7247 4787

Karma Nirvana (Honour Network Helpline)
0800 5999 247

Broken Rainbow (LGBT domestic violence)
0845 260 4460

Black Women's Health & Family Support
8980 3503

Rights of Women (legal advice)
7251 6577

Victim Support Line
0845 30 30 900

Victim Support Tower Hamlets
8555 8254

NSPCC Child Protection Helpline
0800 800 5000

Childline
0800 1111

Shelterline
0808 800 4444

Respect (for perpetrators)
0845 122 8609

Reunite (advice about child abduction)
0116 2556 234

Men's Advice Helpline
0808 8010 327

Samaritans
08457 909090

Tower Hamlets Mediation Service offers confidential and impartial advice with neighbour conflict
Free service for council tenants and leaseholders. 7702 8305

Trading standards
Consumer Direct: 08454 040506

Walk-in services

One Stop Shops

Bethnal Green – 1 Rushmead, off Bethnal Green Road, E2
Bow & North Poplar – John Onslow House, 1 Ewart Place, E3
South Poplar – 15 Market Square, Chrisp Street, E14
Stepney& Wapping – Idea Store Watney Market, 260 Commercial Road, E1.
Open Mon-Fri, 9am, doors close at 4.30pm. Sat, 9am, doors close 12.30pm at Rushmead and Idea Store Watney Market only.

Idea Stores

Bow – Gladstone Place, E3.
Canary Wharf – Churchill Place, Canary Wharf, E14.
Chrisp Street – Vesey Path, E14.
Whitechapel – 321 Whitechapel Road, E1. 7364 4332
Watney Market – Commercial E1. 7364 4332
All open: Mon to Thurs, 9am-9pm; Fri, 9am-6pm; Sat, 9am-5pm. Sundays – Bow and Chrisp Street open, 10am-4pm; Whitechapel, 11am-5pm; and Canary Wharf, 12-6pm.

Libraries

Bethnal Green – Cambridge Heath Road, E2. 8980 3902
Cubitt Town – Strattondale Street, E14. 7987 3152
All open: Mon, Tues, Weds & Fri, 10am-6pm; Thurs, 10am-8pm; Sat, 9am-5pm.
Local History Library and Archives – 277 Bancroft Road, E1. Open Tues, 10am-5pm; Weds, 9am-5pm; Thurs, 9am-8pm; Sat (1st & 3rd of the month), 9am-5pm. 7364 1290; email localhistory@towerhamlets.gov.uk

Isku soo dhawaashada

War iyo wacaal waxaad haysaan u soo dir boga isku soo dhaweynta bulshada ee East End Life.

7364 3179

চিলড্রেন্স সেন্টারগুলোর সহযোগিতায় লাভবান হচ্ছেন অভিভাবকরা

বারার চিলড্রেন্স সেন্টারগুলোর উদ্ভাবনী কার্যক্রমের মাধ্যমে ২০১৩/১৪ অর্থ বছরে দুই শতাধিক অভিভাবককে চাকুরি কিংবা প্রশিক্ষণের অফার অথবা স্বেচ্ছাসেবী হিসেবে কাজ করার সুযোগ সৃষ্টিতে সহযোগিতা করেছে টাওয়ার হ্যামলেটস্ কাউন্সিল। বিপুল সংখ্যক অভিভাবক লাভবান হওয়ায় স্কীমটি এপ্রিল মাস পর্যন্ত সম্প্রসারিত হয়। বিস্তারিত পড়ুন নিচে -

PARENTS HELPED INTO EMPLOYMENT, TRAINING OR VOLUNTEERING

Cashuurta oo intii hora uun

Council tax frozen for sixth year in a row – issue 1051

CASHUURTII kawnsulka ayaa sannadkii lixaad la dabray, sida lagu cadeeyey miisaaniyadii 2015/16.

Labadii kulan ee miisaaniyada kawnsulkan, kii ugu horeeyey ee 25 Febraay ayaa Lutfur Rahman soo jeediyey in la jaangooyo miisaaniyad maaraynta dhimista maalgelinta dadweynaham islamarkaana ilaalinaysa adeegyada dadka jilicdasani ku tiirsan yihiin, islamarkaana xadideysa kharasha heer nololeedka deganayaasha.

Soo jeedintani waxaa ku jirey in la sii wado mashriicdii guulaha sii hooyey sida Abaalmarinta Waxbarashada ee Meeyarka, iyo maalgelinta dheeraadka saraakiish booliiska ee kawnsunsulka.

Haddaba shirkii labaad oo la qabtay, Maarij 5dii soo jeedimo, xisbuga shaqaaluhu ku sameeyeen tii meeyarka waa la isku mari waayey, taasi oo macnaheedu tahay, waxaa la isku raacay tii meeyarka.

Faahfaahin dheeraad ah booqo **www.towerhamlets.gov.uk/committee**

Dadweynaha waa in ay fiiriyaan qorsha bulshaha

Have your say on community plan – page 5

KAWNSULKU wuxuu ku adkaynayaa dadweynaha in ay u fiirsadaan mudnaanaha iyo aragtida lagu sargooyey qorshaha bulshada ee gobolka sannadka 2015.

Wuxuu ku salaysanyahay siday ku heshiiyaan dadweynaha, qaybaha ururada gaarka ah, ururada samafalka ee bixinayaan adeegyada. Wuxuu ku salaysan yahay bartineriska Kawnsulka islamarkaana waa la wargeliyey dadweynaha.

Qorshahani wuxuu ka duulayaa guulihii gobolka oo ka mid yihiin sida wacan ee loo adeegsado saabaanka bulshada iyo baagag, natiijooyinka waxbarashada laga soo hooyey.

Waxaa kale oo ku qeexan arriimaha soo foodsaaraya gobolka sedexda sanno ee innagu soo fool leh.

Faahfaahin dkeeraad ah booqo **www.towerhamlets.gov.uk/communityplan** iyo si aad aragtidaada uga dhiibato, wac haddaad taa kari weydo 7364 2260 amma email u dir **mark.cairns@towerhamlets.gov.uk**

94% ardaydu way doorashada dugsiga

94% of pupils get top-three secondary school choice

TOWER Hamlets waxay gobolada kaga wacan tahay waa meesha keliya ee ardayga dugsiga sare geliyaam kuu calmado helo.

Cadadka 74% waa ka ugu badan caasimada. Waa heerka sideedaad. Isku celcelinta haatan caasimadu waa 68%. Guud ahaan, boqolkiiba 94% arday ayaa ku guuleysta sedex codsi ee ugu horeeya, dugsiyaday calmadeen, tan iyo markii la joojiyey mashruuca xidhiidhka ogolaansha dul ahaan.

Baahida loo qabo meelayn dugsi kor ayay u sii kacaysaa, sida haysata guud ahaanba London. 56 arday oo dheeraad ah ayaa meelayn u baahan sannadkan, marka loo eego kal hore.

Waxay leedahay barnaamij balaadhan oo ay ugu talo gashay in buuxiso baahida loo qabo in qof weliba helo dugsi.

DADWEYNAHA Tower Hamlets ayaa ubax dhigay Bethnal Green Gardens. Munaasabadan oo lagu xusayey dadkii ku geeriyoodey dagaalkii labaad ee adduunka. Xuskan oo ah kii 72 ee ka soo wareegey dagaalkii labaad ee adduunka.

ঘরে ফিরে আসতে কোন ব্যাপারে ভীত না হতে তিন স্কুল ছাত্রীকে পুলিশের আশ্বাস

Girls have nothing to fear if they come home – page 3

বেথনাল গ্রীণ একাডেমির যে তিন ছাত্রী সিরিয়া গেছে, তারা যদি ইংল্যান্ড ফিরে আসে, তাহলে নিজেদের পরিবারের সাথে আগের মতোই বসবাস করতে পারবে বলে উদ্বিগ্ন আত্মীয় স্বজনদের আশ্বস্ত করেছেন শীর্ষস্থানীয় দুই পুলিশ কর্মকর্তা।

গত ১০ মার্চ মঙ্গলবার পার্লামেন্টের হোম এফেয়ার্স সিলেক্ট কমিটির মিটিংয়ে কাউন্টার-টেরোরিজমের ওপর সাক্ষ্য উপস্থাপনকালে মেট্রোপলিটান পুলিশ কমিশনার স্যার বার্নাড হোগান-হো এবং এসিসট্যান্ট কমিশনার মার্ক রোলি এই আশ্বাস প্রদান করেন।

পুলিশ কমিশনার ও এসিসটেন্ট কমিশনারের কাছে সিলেক্ট কমিটি জানতে চান, সিরিয়ায় চলে যাওয়া তিন কিশোরী শামিমা বেগম, খাদিজা সুলতানা ও আমিরা আবাসেকে ইংল্যান্ডে ফিরিয়ে আনার ব্যাপারটা তাদের ভাবনায় আছে কি-না।

জবাবে স্যার বার্নাড বলেন, তিন স্কুল ছাত্রীকে সন্ত্রাসী কিংবা অপরাধী হিসেবে দেখা হচ্ছে না, দেখা হচ্ছে ভিক্টিম বা ঘটনার শিকার হিসেবে।

মিঃ রোলি বলেন, তারা ঘরে ফিরে এলে পুলিশ তাদেরকে শাস্তি দিতে পারে - এমনটা ভেবে তাদের ভীত-সন্ত্রস্ত হওয়ার কোন কারণ নাই।

শুনানির শুরুতে ১৭ ফেব্রুয়ারী হাফ-টার্মের সময় তিন কিশোরীর অন্তর্ধান সম্পর্কে বিভিন্ন তথ্য কমিটির সামনে উপস্থাপন করেন আমিরার বাবা হোসেন আবাসে, খাদিজার খালাতো বোন ফাহমিদা আজিজ এবং শামিমার বড় বোন সাহিমা বেগম।

কমিটিকে এই তথ্য অবহিত করা হয় যে, গত ডিসেম্বর মাসে বেথনাল গ্রীণ একাডেমির আরেকজন ছাত্রী তুরস্ক হয়ে সিরিয়া চলে যাওয়ার পর পুলিশ এই তিন ছাত্রী সহ কয়েকজনের সাথে যোগাযোগ করেছিলো।

ডিসেম্বরে সিরিয়ায় পাড়ি জমানো প্রথম ছাত্রীর ব্যাপারে তদন্ত কার্যক্রমের অংশ হিসেবে টাওয়ার হ্যামলেটস্ পুলিশের মিসিং পার্সন ইউনিট বেথনাল গ্রীণ একাডেমিতে যায় এবং শামিমা, খাদিজা ও আমিরা সহ ৭ জন ছাত্রীর সাথে কথা বলে। পরবর্তীতে তিন জন পুলিশ অফিসার আবার স্কুলে গিয়ে মিটিং করেন, যেখানে স্কুলের ডেপুটি হেড টিচার উপস্থিত ছিলেন। ঐ সভায় পুলিশ অফিসাররা তিন ছাত্রীর হাতে তিনটি চিঠি তুলে দেন, যেটা মূলত তাদের অভিভাবকদের উদ্দেশ্যে লেখা এবং এতে চলমান তদন্তে অধিকতর সহযোগিতা করার জন্য তিন মেয়ের অভিভাবকদের সহযোগিতা চাওয়া হয়।

শুনানিতে বলা হয় যে, এই চিঠিগুলো অভিভাবকদের হাতে পৌঁছায়নি। শুনানির এই পর্যায়ে তিন ছাত্রীর অভিভাবকরা পুলিশ কর্তৃক উপেক্ষিত হয়েছেন বলে তাদের চরম হতাশার কথা জানান।

সকল নিখোঁজ মেয়েদের ব্যাপারে তদন্তানুসন্ধান অব্যাহত রয়েছে। এ প্রসঙ্গে পুলিশের একজন মুখপাত্র বলেন, কোমলমতি ছেলেমেয়ে, কিংবা উগ্রবাদে বিশ্বাসী কেউ, কিংবা সন্ত্রাসবাদে আগ্রহী হয়ে কেউ যাতে কোন সন্ত্রাসী গোষ্টির সাথে যোগ দিতে দেশ ছেড়ে না যায়, তা নিশ্চিত করার প্রচেষ্টা সর্বোচ্চ গুরুত্ব পাচ্ছে। ঝুঁকি মোকাবেলা এবং এ ধরনের দুঃখজনক ঘটনার পুনরাবৃত্তি রোধে আমরা আমাদের সকল অংশিদার ও কর্তৃপক্ষের সাথে ঘনিষ্টভাবে কাজ করে যাচ্ছি।

নিখোঁজ হয়ে যাওয়া কোন মেয়েকে খুঁজে পেতে পুলিশের সাহায্য হতে পারে, এমন কোন তথ্য কারো জানা থাকলে ০৮০০ ৭৮৯৩২১ এই নাম্বারে ফোন করে তা জানানোর জন্য অনুরোধ করা হয়েছে।

বারার চিলড্রেন্স সেন্টারগুলোর সহযোগিতায় লাভবান হয়েছেন দুই শতাধিক অভিভাবক

Parents helped into jobs, training or volunteering – 1050

বারার চিলড্রেন্স সেন্টারগুলোর উদ্ভাবনী কার্যক্রমের মাধ্যমে ২০১৩/১৪ অর্থ বছরে দুই শতাধিক অভিভাবককে চাকুরি কিংবা প্রশিক্ষণের অফার অথবা স্বেচ্ছাসেবী হিসেবে কাজ করার সুযোগ সৃষ্টিতে সহযোগিতা করেছে টাওয়ার হ্যামলেটস্ কাউন্সিল।

বিপুল সংখ্যক অভিভাবক কর্মসংস্থান কিংবা প্রশিক্ষণ এবং ভলান্টিয়ারিং এর সুযোগ লাভ করায় এই স্কীমটি চলতি বছরের এপ্রিল মাস পর্যন্ত সম্প্রসারিত হয়।

গত সপ্তাহে মারনার, মাইল এন্ড এবং ওভারল্যান্ড চিলড্রেন্স সেন্টারে 'পাথওয়েজ টু এম্পলয়মেন্ট' শীর্ষক কর্মসংস্থান বিষয়ক বিশেষ ইভেন্ট অনুষ্ঠিত হয়। এই ইভেন্টগুলোতে অভিভাবকরা সম্ভাব্য নিয়োগদাতা, ট্রেনিং পরিচালনাকারী এবং এজেন্সিগুলোর সাথে কর্মসংস্থান, প্রশিক্ষণ ও স্বেচ্ছাসেবী হিসেবে সম্পৃক্ত হতে সরাসরি কথা বলার সুযোগ পান।

যেসকল অভিভাবক চাকুরি খুঁজছেন, তারা বিভিন্ন জব সম্পর্কে অনুসন্ধান করার সুযোগ পান। অনেক স্থানীয় সার্ভিসেস্ এই ইভেন্টে অংশ নেয় এবং চাকুরি প্রত্যাশী অভিভাবকদের পরামর্শ ও সহায়তা দিয়ে থাকে।

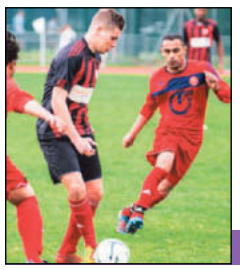
ইভেন্ট চলাকালে বাচ্চাদের জন্য সেন্টার গুলোতে নানা ধরনের আয়োজন থাকে।

গত সপ্তাহের ইভেন্টগুলোতে যেসকল গ্রুপ, সংস্থা অংশ নিয়েছে, তাদের মধ্যে রয়েছে, স্কিলম্যাচ, টাওয়ার হ্যামলেটস্ কলেজ, এইজ ইউকে, জবসেন্টার প্লাস, ফুডসাইকল, একাউন্টস্ থ্রি, ব্রোমলি বাই বো সেন্টার, হোম স্টার্ট এবং কাউন্সিলের আইডিয়া স্টোরগুলো ও প্যারেন্টাল এনগেইজমেন্ট টিম। এছাড়া গেটওয়ে হাউজিং, সাউদার্ন হাউজিং গ্রুপ, ম্যাটারনিটি ম্যাটস্, লাইমহাউজ প্রজেক্ট, টাওয়ার স্কিলস্ রিক্রুটমেন্ট সার্ভিসেস্ এবং প্যারেন্টস্ পয়েন্ট ইত্যাদি কোম্পানীও অংশ নেয়।

The Maternity Mates advice stall at a Pathway to Employment event held at Mile End Children's Centre

মেয়র লুৎফুর রহমান বলেন, বাসিন্দাদের জন্য কর্মসংস্থান, ভলান্টিয়ারিং ও ট্রেনিং সুবিধাদি নিশ্চিত করতে আমরা কিভাবে নিবেদিত হয়ে কাজ করে যাচ্ছি, তারই উজ্জল দৃষ্টান্ত হচ্ছে এই অভিভাবকদের সাফল্য।

কেবিনেট মেম্বার ফর এডুকেশন এন্ড চিলড্রেন্স সার্ভিসেস্, কাউন্সিলর গোলাম রব্বানী বলেন, কিভাবে কাউন্সিল সার্ভিস বাচ্চাদের দেখভালের পাশাপাশি তাদের অভিভাবকদের কর্মজীবনে ফিরে যেতে সহযোগিতা করছে, তারই চমৎকার উদাহরণ হচ্ছে এই পাথওয়েজ টু এম্পলয়মেন্ট প্রজেক্ট। কিছু কিছু এম্পলয়ার এই ইভেন্টকে উপযুক্ত কর্মী বাছাইয়ের ক্ষেত্রে খুবই কার্যকরী বলে বিবেচনা করেন।



মেয়রস্ কাপ টুর্নামেন্ট ২০১৫ঃ দল নিবন্ধন কার্যক্রম শুরু

২০১৫ সালের মেয়রস্ কাপ এর শিরোপা লড়াইয়ে অবতীর্ন হতে বারার প্রতিভাবান ফুটবল খেলোয়াড়দের দল রেজিষ্ট্রেশনের শেষ তারিখ হচ্ছে ২০ মার্চ। মেয়রস্ কাপ - এর ব্যাপক সাফল্যের ধারাবাহিকতায় আসন্ন টুর্নামেন্টে অংশ নিতে স্থানীয় ফুটবল দলগুলোকে আবেদন করতে অনুরোধ করেছেন মেয়র লুৎফুর রহমান। বিস্তারিত পড়ুন নীচে–

APPLY FOR THE MAYOR'S CUP

ঐকতান

Send your Bengali and Somali news to Harmony, East End Life, Town Hall, 5 Clove Crescent, Poplar E14 2BG.

7364 4944

Harmony

Interim head of public health Somen Banerjee, Cllr Abdul Asad and Md Shahid Ullah

Stop smoking advisers out in full force – page 7

গত ১০ মার্চ সারা দেশের মতো টাওয়ার হ্যামলেটস্ বারায় অনুষ্ঠিত হয় ধুমপান বিরোধী জাতীয় দিবস 'নো স্মোকিং ডে'। এ উপলক্ষে এনএইচএস এবং কাউন্সিল ধুমপানের ক্ষতিকর প্রভাব রোধ কল্পে টাওয়ার হ্যামলেটস হেলথ এন্ড ওয়েলবিয়িং বোর্ডের ধুমপান নিয়ন্ত্রণমূলক উদ্যোগের সমর্থনে এনএইচএস এর একটি স্ট্যাটমেন্ট উপস্থাপন করেন। এছাড়া পুরো মার্চ মাস ব্যাপি ধুমপান বিরোধী প্রচারণা চালানোর পাশাপাশি ধুমপানের অভ্যাস পরিত্যাগে বিভিন্ন ধরনের পরামর্শ প্রদানের লক্ষ্যে বিভিন্ন ভেন্যুতে স্টল দেয়া হচ্ছে।

News in brief

রিয়েল ন্যাপি ইভেন্ট ১৭ মার্চ হোয়াইটচ্যাপল আইডিয়া স্টোরে

বিশেষ 'নাপ্পুচিনো ইভেন্ট' এ যোগ দিয়ে টাওয়ার হ্যামলেটসের বাবা-মা ও পরিচর্যাকারীরা পরিবেশ-বান্ধব সত্যিকারের ন্যাপি সম্পর্কে ভালো ধারনা লাভ করতে পারবেন।

আগামী ১৭ মার্চ সকাল ১০টা থেকে বেলা ২টা পর্যন্ত হোয়াইটচ্যাপল আইডিয়া স্টোরে (৩২১ হোয়াইটচ্যাপল রোড, ই১ ১বিইউ) অনুষ্ঠিতব্য বিশেষ এই নাপ্পুচিনো ইভেন্টে ওয়াশেবল ন্যাপি কোম্পানী রিয়েল ন্যাপি ব্যবহারের নানা কৌশল ও উপকারিতা তুলে ধরবেন। একই ন্যাপি কিভাবে বারবার ব্যবহার করা যায়, এবং এর ফলে পরিবেশের কী ধরনের উপকার হয়, সে সম্পর্কে বাবা মাদের সচেতন করতে টাওয়ার হ্যামলেটস্ কাউন্সিল নিয়মিত এই ইভেন্টের আয়োজন করে থাকে।

টাওয়ার হ্যামলেটসের বাসিন্দা যারা খুব তাড়াতাড়ি মা হতে যাচ্ছেন কিংবা বাচ্চার বয়স অনুর্ধ ১৮ মাস, তারা ৪০ পাউন্ড মূল্যমানের রিয়েল ন্যাপির ভাউচারের জন্য আবেদন করতে পারবেন। অনুষ্ঠানে ন্যাপিও কেনা যাবে।

এই অনুষ্ঠানের আসন সংখ্যা সীমিত, তাই আগ্রহীদেরকে ০২০৭ ৩৬৪ ৭১০৩ নাম্বারে ফোন করে অবশ্যই আগেভাবে তাদের নাম তালিকাভূক্ত করতে হবে। ভাউচার পেতে হলে পরিচয় ও ঠিকানা সনাক্তকরণ ডকুমেন্ট এবং জন্ম সার্টিফিকেট অথবা গর্ভধারনের তথ্যাদি সাথে আনতে হবে।

কমিউনিটি প্ল্যান সম্পর্কে মতামত দেয়ার শেষ সময় ২০ মার্চ

টাওয়ার হ্যামলেটস্ বারার আগামী ৫ বছরের অগ্রাধিকারসমূহের ব্যাপারে কাউন্সিল ও তার পার্টনারদের অভিমতের ওপর নিজেদের মতামত/বক্তব্য জানাতে বাসিন্দাদের আর এক সপ্তাহ সময় রয়েছে।

টাওয়ার হ্যামলেটস্ কমিউনিটি প্ল্যানের ওপর চলমান কনসালটেশন বা পরামর্শ কার্যক্রম শেষ হবে ২০ মার্চ। এই সময়ের মধ্যে নিজেদের অভিমত জানাতে বাসিন্দাদের প্রতি অনুরোধ করা হয়েছে।

বারার বাসিন্দাদের জন্য বিভিন্ন সেবামূলক কার্যক্রম পরিচালনার ব্যাপারে সরকারী, বেসরকারী ও ভলান্টারি সেক্টরের সংগঠনগুলো যে কর্মপরিকল্পনার ওপর ঐকমত্য হয়েছে, তার বিস্তারিত তুলে ধরা হয়েছে এই পঞ্চবার্ষিকী পরিকল্পনায়। জনসাধারণের মতামতকে ধারন করে কাউন্সিলের মূল অংশিদারদের সাথে নিয়েই এই কর্মপরিকল্পনা প্রণয়ন করা হয়েছে।

প্রাথমিক পর্যায়ে অনেক ইতিবাচক অভিমত পাওয়া গেছে। যেমন একটি মন্তব্যে বলা হয়েছে, "এই খসড়া কমিউনিটি প্ল্যানে পরিস্কারভাবে ব্যাখ্যা করা হয়েছে এবং বাসিন্দাদের জন্য খুবই সুফল বয়ে আনবে। আবসনের উন্নয়ন, কর্মসংস্থান, স্বাস্থ্য বিষয়ক ইস্যূ, অপরাধ, অধিক সংখ্যক পুলিশ সদস্যের প্রয়োজনীয়ত এবং কমিউনিটি সাপোর্ট অফিসার... এগুলোই হচ্ছে প্রধানতম ইস্যূ এবং এই খসড়া প্ল্যানকে আমরা সমর্থন করছি।"

ছেলেমেয়েদের সুস্থাস্থ্য নিয়ে উদ্বিগ্ন একজন বাসিন্দার অভিমত হচ্ছে এমন, "কম বয়সী ছেলেমেয়েদের জন্য অন্তত একটি খেলার বিষয় সুনির্দিষ্টভাবে কমিউনিটি প্ল্যানে উল্লেখ করা হয়েছে, তা আমি দেখতে চাই।

www.towerhamlets.gov.uk/communityplan ও এই ওয়েবসাইটে গিয়ে খসড়া এই কমিউনিটি প্ল্যান সম্পর্কে নিজের অভিমত তুলে ধরতে বাসিন্দাদের প্রতি অনুরোধ করা হয়েছে। যদি পরিকল্পনাটি ডাউনলোড করতে অসুবিধা হয়, কিংবা মূদ্রিত কপি পেতে আগ্রহীরা ০২০ ৭৩৬৪ ২২৬০ নাম্বারে যোগাযোগ করতে পারেন।

■ **The above stories are: real nappies advice at Nappuccino event; Community Plan consultation – page 5.**

মেয়রস্ কাপ টুর্নামেন্ট ২০১৫ঃ দল নিবন্ধন কার্যক্রম শুরু

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২০১৫ সালের মেয়রস্ কাপ এর শিরোপা লড়াইয়ে অবতীর্ন হতে টাওয়ার হ্যামলেটসের প্রতিভাবান ফুটবল খেলোয়াড়দের আমন্ত্রণ জানিয়েছে কাউন্সিল। টুর্নামেন্টে অংশ নেয়ার জন্য রেজিষ্ট্রেশনের শেষ তারিখ হচ্ছে ২০ মার্চ।

গত বছর অনুষ্ঠিত মেয়রস্ কাপ টুর্ণামেন্টের ব্যাপক সাফল্যের ধারাবাহিকতায় এবারের টুর্নামেন্টে অংশ নিতে স্থানীয় ফুটবল দল গুলোকে আবেদন করতে অনুরোধ করেছেন মেয়র লুৎফুর রহমান।

১১-এ-সাইড অর্থাৎ পূর্ণাঙ্গ ১১ সদস্যের দলের প্রতিযোগিতা অনুষ্ঠিত হবে এপ্রিল মাসে ১১ ও ১২ এবং ১৮ ও ১৯ তারিখ এই দুই সপ্তাহান্তে। এই টুর্নামেন্ট অনুষ্ঠিত হবে তিনটি ক্যাটাগরিতে, এগুলো হচ্ছে - প্রাপ্ত বয়স্ক, তরুণ (অনুর্ধ ১৪, ১৬ ও ১৮ বছর) এবং জুনিয়র (অনুর্ধ ৮, ৯, ১০, ১১ ও ১২)।

প্রথম উইকএন্ডে ভিক্টোরিয়া পার্কের উইন্টার লীগ পীচে অনুষ্ঠিত হবে পুরুষ ও মহিলা দলগুলোর প্রতিযোগিতা।

জুনিয়র ক্যাটাগরির প্রতিযোগিতা অনুষ্ঠিত হবে ১৮ এপ্রিল মাইল এন্ড স্টেডিয়ামের এস্ট্রো টার্ফ পিচে। সকল ক্যাটাগরির ফাইনাল অনুষ্ঠিত হবে ১৯ এপ্রিল রোববার মাইল এন্ড স্টেডিয়ামে।

ফুটবল এসোসিয়েশনের বিধি অনুযায়ি অনুর্ধ ১১ বছরের দলে ছেলে মেয়েরা একই সাথে খেলতে পারবে। কাউন্সিলও মেয়েদের খেলাধূলায় অংশ গ্রহণে উদ্বুদ্ধ করতে বদ্ধপরিকর।

বারার কমিউনিটি সংগঠনসমূহ এবং ফুটবল ক্লাবগুলোর সাথে পার্টনারশীপের ভিত্তিতে কাউন্সিলের স্পোর্টস এন্ড ফিজিক্যাল এক্টিভিটি টীম এই টূর্নামেন্টের আয়োজন করে আসছে।

মেয়র অব টাওয়ার হ্যামলেটস্, লুৎফুর রহমান বলেন, আমরা পঞ্চম বারের মতো অত্যন্ত মর্যাদাকর এই টুর্নামেন্ট আয়োজন করতে পারছি বলে আমি খুবই আনন্দিত। বারার কিশোর তরুণদের একত্রিত করার অসাধারণ একটি উদ্যোগ হচ্ছে এই ফুটবল টুর্নামেন্ট।

ডেপুটি মেয়র, কাউন্সিল ওলিউর রহমান বলেন, দ্যা মেয়রস্ কাপ শুরুর পর থেকেই ব্যাপকভাবে জনপ্রিয় একটি টুর্নামেন্টে পরিণত হয়েছে। আমি আশা করছি এবছরের টুর্নামেন্টও অতীতের সাফল্যের রেকর্ড ছাড়িয়ে যাবে। টাওয়ার হ্যামলেটসের সকল ফুটবল দলকে এতে অংশ নিতে আমরা আমন্ত্রণ জানাচ্ছি এবং কারা এবার চ্যাম্পিয়নশীপ শিরোপা দখল করে, তা দেখার জন্য অধীর আগ্রহে অপেক্ষা করছি।

বারার ফুটবল দলগুলোকে টুর্নামেন্টে অগ্রাধিকার দেয়া হবে। তবে পার্শ্ববর্তী বারাগুলো থেকে পাওয়া আবেদনও বিবেচনায় নেওয়া হতে পারে।

দলের নাম নিবন্ধন করতে কিংবা স্পন্সর করতে আগ্রহীদেরকে ০২০৭ ৩৬৪ ২৬৮১ নাম্বারে ফোন করে ডেরেক বেনেট এর সাথে যোগাযোগ করতে অনুরোধ করা হয়েছে।

ভোটার তালিকায় নাম নিবন্ধন করতে বাসিন্দাদের প্রতি আহ্বান

Is your right to vote up to date? – page 5

আগামী ৭ মে অনুষ্ঠিতব্য পার্লামেন্টারি নির্বাচনে বেথনাল গ্রীণ এন্ড বো এবং পপলার এন্ড লাইমহাউজ এই দুইটি সংসদীয় আসনে টাওয়ার হ্যামলেটসের বাসিন্দারা ভোট দেবেন।

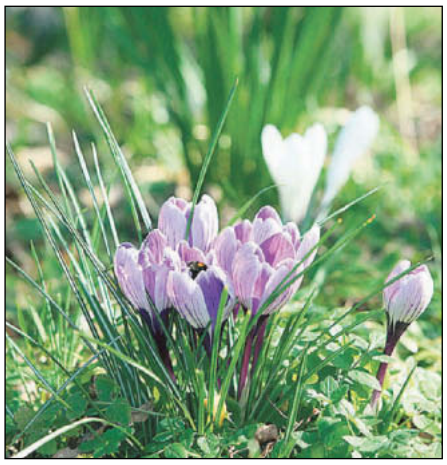
আগামী এপ্রিল মাসে বারার এই দু'টি সংসদীয় আসনের প্রার্থীদের তালিকা ঘোষনা করা হবে।

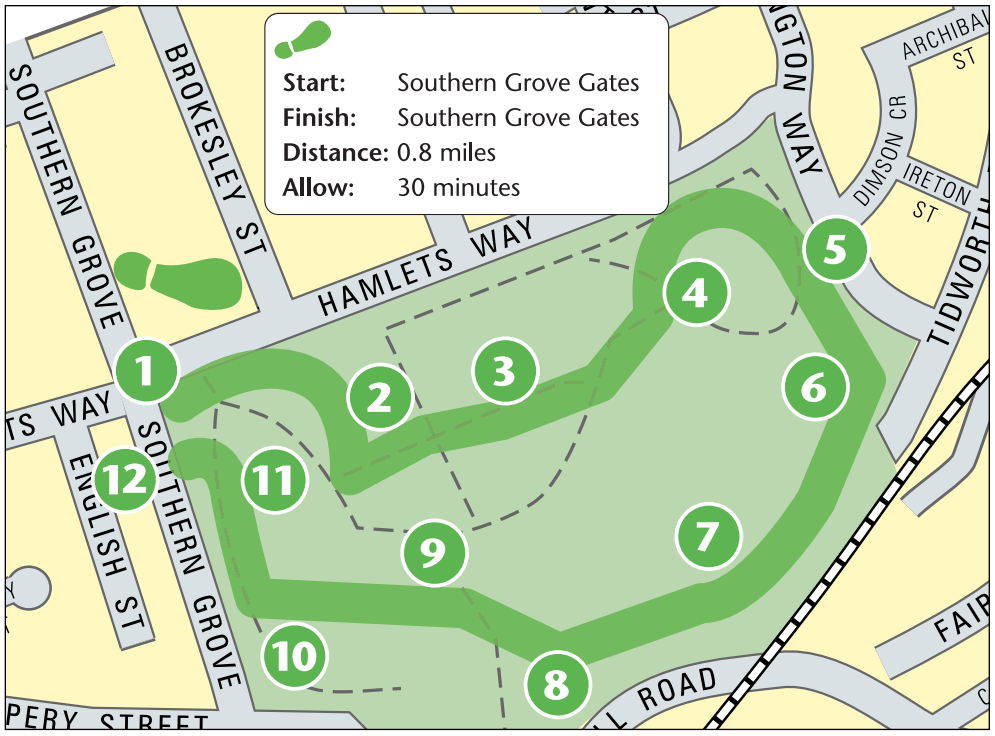
আসন্ন পার্লামেন্টারি নির্বাচনে ভোটার হওয়ার উপযোগী সকলে যাতে তাদের ভোটাধিকার প্রয়োগ করতে সক্ষম হন, তা নিশ্চিত করতে সরকারের নতুন ইন্ডিভিজ্যুয়াল ইলেক্টোরাল রেজিষ্ট্রেশন (আইইআর) এর অধীনে ভোটার তালিকায় নাম নিবন্ধন করতে টাওয়ার হ্যামলেটস্ কাউন্সিল বারার বাসিন্দাদেরকে আহ্বান জানিয়েছে।

নতুন ভোটার রেজিষ্ট্রেশন সিষ্টেমের অর্থ হলো, ভোটার হওয়ার উপযোগী প্রত্যেককে অবশ্যই নিজের নাম নিবন্ধন করতে হবে। এটা পুরনো পদ্ধতি থেকে সম্পুর্ণ ভিন্ন। পুরনো পদ্ধতি ছিলো, পরিবার বা ঘরের যে কোন একজন ভোটার হওয়ার উপযুক্ত সকলের নাম তালিকায় অন্তর্ভূক্ত করতে পারতেন। অনলাইনে রেজিষ্ট্রেশন করতে মাত্র তিন মিনিট সময় লাগে। শুধু দরকার নাম, ঠিকানা, জন্ম তারিখ ও ন্যাশনাল ইন্স্যুরেন্স নাম্বার।

www.gov.uk/register-to-vote এই ওয়েবসাইটে গিয়ে নিজের নাম ভোটার তালিকায় নিবন্ধন করতে সকলকে অনুরোধ করা হয়েছে। এ ব্যাপারে যেকোন তথ্যের জন্য ০২০ ৭৩৬৪ ০৮৭২ নাম্বারে ফোন করে টাওয়ার হ্যামলেটস্ কাউন্সিলের ইলেক্টোরাল রেজিষ্ট্রেশন অফিসের সাথে যোগাযোগ করা যাবে।

Graham Barker is surrounded by spring flowers, birdsong and Victorian s





With spring in your

Above left, top to bottom: colourful crocuses; cemetery park officer Stephen Kershaw creates a 'dead hedge'; forest classroom; the park's Westwood monument

Bottom, from left: Poplar Blitz memorial; Shuffle at the lodge; the grave of Poplar councillor Will Crooks

Walk of the Month: Exploring Tower Hamlets Cemetery Park

SPRING is in the air. It's time to enjoy the crocuses, wood anemones and primroses at Tower Hamlets Cemetery Park. Tucked off Southern Grove, it is an atmospheric place, flourishing with wildlife.

The cemetery was opened in 1841, one of London's 'Magnificent Seven' burial grounds. Victorian garden cemeteries were designed for the pleasure of the living, as much as the burial of the dead, and there is much to enjoy as you wander along the winding woodland pathways.

In all, more than 350,000 East Enders have been buried here, including shipbuilders, sea captains and a smattering of 'notables'.

The walk starts by the lodge house **(1)**. Plans are afoot to convert this into a community space, café and offices. To help realise this project, a crowd-funding campaign is currently underway, spearheaded by the Friends of THCP and Shuffle team.

Beside the lodge, a narrow grassy path leads you to Ellen Whiskin's monument – topped by a shrouded urn – which is one of several listed by English Heritage for their significant design work; take a look at the cast iron railings incorporating crossed arrows and flaming torches.

A few steps on, nip right towards three square-plinth monuments forming part of a curve. There's a memorial to Dr Rees Llewellyn, who performed the post mortem on Ripper victim, Polly Nichols. And at the end of the curve – under a small spire – is William Hooper, Master of Ratcliff Workhouse.

Follow the main path right, towards a noticeboard **(2)**. THCP is now a designated nature reserve, with many spring flowers sprouting among the monuments: grape hyacinths, snowflakes, irises, and bluebells in a month or so. From here you can also see your first Millennium Trail post – markers to help with navigation.

Just beyond the board, a flat red granite stone commemorates John 'Old White Hat' Willis, owner of the Cutty Sark tea clipper. A wide avenue curves southwards – we'll explore there later – but instead, head through the open area, used for outdoor cinema screenings during the Shuffle arts festival.

A monument towers like a Gothic church spire **(3)**, commemorating Joseph Westwood – an Isle of Dogs shipbuilder who later diversified into railway bridge building. He died in 1883 leaving a £29,000 fortune, and a firm that continued until the 1950s.

From here, there's a glimpse left to the former St Clement's Hospital. It was originally built as the City of London Union Workhouse in 1849, and is now undergoing refurbishment into housing.

Follow post no 3 ahead. As you walk beside gravestones – some in neat rows, others leaning haphazardly – look out for symbols carved to reflect the Victorian pre-occupation with death and the after-life; handshakes denote reunion with loved ones, ivy symbolises remembrance, and weeping willows hang over grieving widows.

social history at Tower Hamlets Cemetery Park. Photos by **Rehan Jamil**.

step

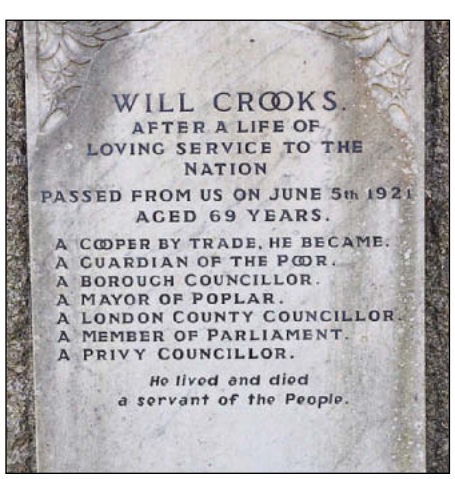
In this section, there's the grave of music hall comedian Alec Hurley – second husband of Marie Lloyd – who popularised songs such as The Strongest Man in the World and The Lambeth Walk.

Paths merge and veer off, but continue broadly in your original direction, aiming for the white tower block. The space opens out, by post no 9, to reveal a turning circle for horse-drawn hearses **(4)**; funeral corteges would have driven to either the Anglican or Dissenters cemetery chapel, both now demolished.

As you set out clockwise, pause by the rickety table tomb, carved with upturned torches – a symbol of life extinguished – and later, the colossal family vault of Henry Bear, a wealthy tobacco and sugar merchant of Cable Street.

The gravestone of Weslyan minister Rev David Roe and his wife, Annie, **(5)** stands by post no 11. "For 22 years he laboured unceasingly... for the spiritual and moral needs of merchant seamen, and was instrumental in building the Queen Victoria's Seamen's Rest, Poplar."

Further along, two political activists are buried side by side **(6)**. Trade unionist Will Crooks MP "lived and died a servant of the people" and dock strike organiser Harry Orbell helped to found the Independent Labour Party. Opposite, a simple brick curve serves as a memorial to 190 Poplar civilians who perished in the Blitz.



The perimeter path curves gradually. Crocuses and wild daffodils spread beside you, and there's a glimpse of the outdoor classroom **(7)** – a ring of 27 tree stumps – where children learn about biodiversity and bush craft skills.

Continue past the pond to the crossroads **(8)**. Hazels have recently been coppiced and a new 'dead hedge' is being created, snaking between stakes. It's a sign of the active conservation work undertaken by the THCP team and the park's volunteers.

The path undulates beside a log embankment. Listen out for woodpeckers, song thrushes and perhaps a squawking parakeet.

At the triangular clearing, fork left towards a curve of splendid monuments **(9)**. Here you'll see truncated columns – a life cut short – and obelisks, a symbol of eternal life. An angel and Celtic cross mark the grave of flamboyant Charlie Brown, a publican – hence the carved grapes – noted for his collection of curiosities at the Railway Tavern by West India Dock gates.

Tucked four rows behind, a more modest 'open book' commemorates Clara Grant, The Farthing Bundle Lady of Bow. She's best remembered for providing bundles of old clothing and toys to children small enough to pass through a wooden archway inscribed: "Enter all ye children small, none can come who are too tall".

Opposite Brown, Charles Jamrach was known for his emporium of exotic creatures. He tackled a tiger that escaped from his shop on The Highway, rescuing a young boy from its clutches.

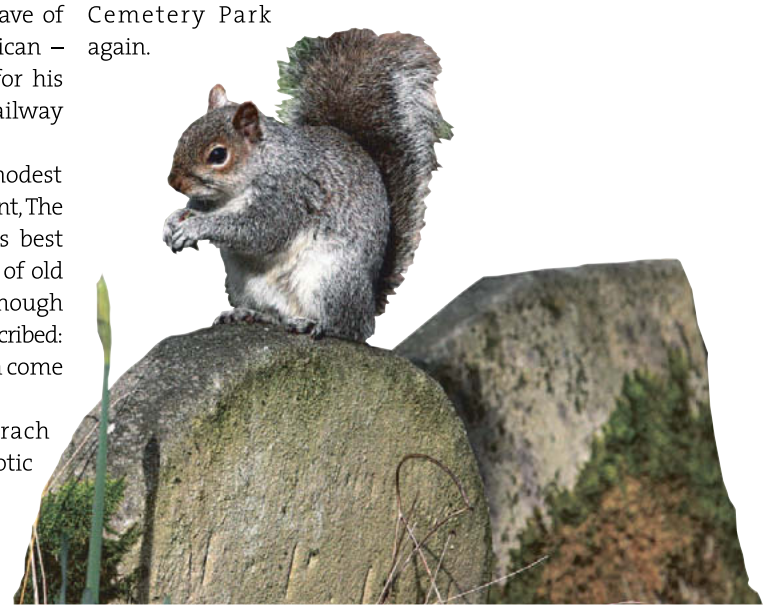
Skirt left, beside the railings. Look out for two rows of gravestones rather like arrowheads **(10)** to 'distressed gentlemen' of good character who lived as pensioners at Charterhouse in Farringdon.

In the foreground, John Northey was "Headteacher of the National Parochial School of St Anne's in Limehouse... who was drowned in the wreck of the Princess Alice excursion steamer on the Thames, 3rd September 1878".

The war memorial **(11)** – a granite crescent inset with 16 bronze plaques – serves as a reminder of quite how many local men perished in two World Wars.

Opposite, the Soanes Centre **(12)** buzzes with school groups using the classroom or pond dipping outside. If you haven't already bumped into the cemetery team – Terry, Ken, Tess and Stephen – then you might find them here.

In any event, pick up an events leaflet: from Bow Beasties to conservation sessions, photo-walks to gravestone research, there are plenty of reasons to visit the Cemetery Park again.



Above, from left: St Clement's Hospital, viewed through the woodland; the park's old turning circle

Right, top to bottom: commemorating World War I casualties; Terry Lyle and Tess Pettinger, from the Friends of Tower Hamlets Cemetery Park; Millennium trail markers to guide visitors; the Whiskin memorial has fine ironwork

Beauty bunch

Women's History Month continues with events, including On Beauty (left).

SEE BELOW

Art on the waterfront

The waterfront and townscape of the East End provided Cornelius McCarthy's earliest inspiration, and memories of Stepney remained with him throughout his career.

SEE BELOW

Out & about guide

What's on where this week

Events

Women's History Month
Women artists, activists, writers, performers, community groups and organisations are celebrating with a diverse range of events and exhibitions.
Until Tues, Mar 31.
www.alternativearts.co.uk

Exhibitions

On Beauty
Portraits of women by Sir John Cass School of Art, Architecture & Design challenging conventional notions of beauty. Part of Women's History Month. Free.
Until Tues, Mar 31. Mon-Fri, 9am-7pm; Sat, 10.30am-5pm.
Brady Arts Centre, 192-196 Hanbury Street, E1 & Cass Foyer Gallery, London Metropolitan University, 59-63 Whitechapel High Street, E1.

Death for a Trophy
Photographs taken in South Africa by Marta Ariza where she was shocked to learn about the level of hunting of wild animals, including leopards and lions. Free.
Until Tues, Mar 31.
Oxford House Gallery, Derbyshire Street, E2.
www.oxfordhouse.org.uk

Cornelius McCarthy
Retrospective of paintings by the Stepney-born artist whose landscapes of post-war East End and portraits of the male form explore the topics of sexual identity and ideological struggle in Britain.
Until May 27.
Tower Hamlets Local History Library, 277 Bancroft Road, E1.
www.ideastore.co.uk

Body is a Temple
Drawings and paintings of the human form by five artists.
Until Mar 20. Daily 9am-8pm.
504 Gallery, 504 Roman Road, E3.
504galleryroom@gmail.com

Kids

Mrs McMoon's Tea Party
Hear tales of daring adventures. For ages 3+. Tickets £6.
Sat, Mar 21. 11am & 2pm.
Half Moon Theatre, 43 White Horse Road, E1.
7709 8900
www.halfmoon.org.uk

Music

Lunchtime concert
Performances of Vaughan Williams' Romance (1914), H Waldo Warner's Suite in D and Brahms' Sonata in F minor Op. 120 No. 1 (1895). Free.
Fri, Mar 20. 1.05pm.
Bishopsgate Institute, 230 Bishopsgate, EC2.
7392 9200
www.bishopsgate.org.uk

Seven Decades: Tiger Stripes, Flames & Killer Tops
Musical journey through the last 70 years telling the story of how guitars like the Fender and Gibson shaped modern music. £10-£20.
Fri & Sat, Mar 20 & 21. 7.30pm.
Wilton's Music Hall, Graces Alley, E1.
7702 2789
www.wiltons.org.uk

Talk

May Day
Talk and discussion based on the 1936 novel of the same name, and organised as a tribute to the late trade unionist Bob Crow. £9, £7 concs.
Tues, Mar 24. 7.30pm.
Bishopsgate Institute, 230 Bishopsgate, EC2.
7392 9200
www.bishopsgate.org.uk

Theatre

LonDon Quixote
Exploring the fine line between dreams and real life against the backdrop of the conventions of society and the harshness of London. £6.
Fri & Sat, Mar 10 & 21. 8pm.
The Space, 269 Westsferry Road, E14.
7515 7799
www.space.org.uk

M for Medea
Contemporary re-telling of Euripides' story of betrayal. For ages 13+. Tickets £6.
Thurs, Mar 19. 4.30pm & 7pm.
Half Moon Theatre, 43 White Horse Road, E1.
7709 8900
www.halfmoon.org.uk

Canalside Festival
Celebrating annual World Water Day when the UN asks everyone to think about what safe water means to them and what it could mean to the millions of people around the world living without it. Features performances and the Museum of Water, a collection of publicly donated water and accompanying stories, on the canal terrace. Free entry.
Sun, Mar 22. 12-4pm.
Chisenhale Studios, 64-84 Chisenhale Road, E3.
8981 6617 www.museumofwater.co.uk

PHOTO: Amy Sharrocks

Social

Golden Ladies
Pensioners group for bingo and social. Weds, 2-4pm.
Isle of Dogs Bowls Club, Millwall Park, E14.
7987 6824

Little Spitz' under-5s playgroup
Weds, 10am-12pm, 50p.
Tours and stories.
Spitalfields City Farm, Buxton Street, E1.
7247 8762

Tower Hamlets U3A
Courses for over-50s – T'ai Chi, jazz appreciation, art appreciation, history walking and more. £10 yearly membership. Various days and times.
St Margaret's House Settlement, 21 Old Ford Road, E2.
7247 4283

Dance

Argentinian tango E14
Class. Sat 1-5pm. £5. St John's Community Hall, 37 Glengall Grove, E14.
7538 3852

Ballroom/Latin American
Fri, 1.45-3.45pm, £5, free refreshments. No beginners.
Kingsley Hall, Powis Road, E3.
8550 1392

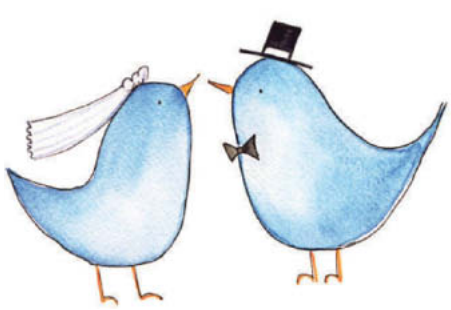
Brazilian dance aerobic classes
Weds 9-10am & Thurs, 1-2pm.
Free. Alpha Grove Centre, Isle of Dogs, E14
7538 1714

Energize4Girlz
South African gumboot dancing.
Every other Saturday from 11am-12:30pm.
St Pauls Shadwell Church, 302 The Highway, E1.
energize4girlzdance@gmail.com

East End Life

Wedding Supplement ~ 27th April 2015

Do not miss the opportunity to appear in this bespoke supplement!



On 27th April 2015, we will be producing a 4 page centre pull-out wedding supplement for our readers. It will be a showcase of local suppliers for all your wedding needs, from florists and dresses to caterers and venue hire.

Booking deadline is Tuesday 14th April at 4pm.

The rates and sizes are:-

Front page strip 60mm x 265mm: £370 +VAT
Back page, full page: £1700 +VAT
100mm x 85mm: £110 +VAT
60mm x 85mm: £65 +VAT

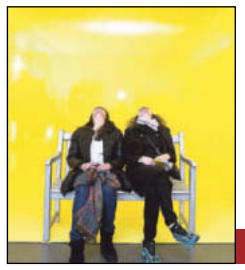
Space will be limited, please call one of our sales team to book your space as soon as possible.

Christine 020 7364 4994 Fatima 020 7364 4623 Terri 020 7364 4682

Heartbreaker at Rich Mix

Federico Garcia Lorca's Yerma is the story of a woman who suffers the heartbreaking social torment of a childless marriage that forces her to commit a horrific and an irrevocable act.

SEE BELOW



Village people

A chance to meet artists at East Village in the Olympic Park.

DETAILS BELOW

Out & About

News in brief

Free workshops in Mile End Park

ARTS organisation Superact is inviting people to get involved in free music workshops throughout April, culminating in a free and family-friendly festival on July 11, in Mile End Park.

Our Big Gig Extra aims to bring people together through music and showcase aspiring local talent while providing a festival atmosphere with arts, food and market stalls.

Workshops will be aimed at young people and hope to combine contemporary art forms with the cultural traditions of local communities.

This will include sessions in a range of urban music genres such as DJ-ing, music programming, beatboxing and vocals. Participants in workshops will create their own musical piece to showcase at the festival.

Superact is also looking for locals to get involved in many ways with Our Big Gig Extra, including stall-holders, performers and other types of volunteering for the event day.

For more information visit **superact.org.uk**

East Village art

ART by well known and emerging artists is on display in the foyer of the former Athlete's Village for a year – and last weekend visitors had the chance to enjoy a guided tour and meet some of the designers.

Seventy pieces have been loaned for the initiative at East Village, including Gold Triple Pop by Bow's Gavin Turk and Queen's Wood by Sean Raggett, one of the artists in attendance for the tours on March 7.

The foyer art is part of a new cultural programme by Get Living London, aiming to integrate the creativity and innovation of the surrounding area into the neighbourhood.

Works have been installed in 31 of the East Village entrance foyers and will be rotated among the foyers twice over the coming year.

THE Signature Art Prize gala and award takes place on Thursday, March 19. Founded in 2007, the prestigious award aims to promote the work of artists in the very early stages of their career and recognise emerging talent. Applications for entry were received from all over the world, and this exhibition will feature pieces from 20 shortlisted artists, five in each category (painting, sculpture, drawing & printmaking, and photography & film). Once judges have announced the winners, their artwork will be displayed at the DegreeArts.com Gallery at 12 Vyner Street for the next month. For more information on the nominees for 2015 visit signatureartprize.com

Music and movies at Mix Freedom Week

BY KEITH MAHON

TO commemorate the 44th year of Bangladeshi independence, Rich Mix presents a ten-day festival with some of the most exciting and thought-provoking artists working in the UK and Bangladesh.

A Struggle For Democracy from Shahidul Alam

Building on the success of last year's festival, Freedom Week will include live music, film, theatre, family activities and talks, with many of the events celebrating the history and culture of Bangladesh open for all to attend.

The festival opens on March 20 with a free concert with acclaimed Tagore singer Rezwana Choudhury Bannya. As well as live music and singing, Bannya will also present the work of Music for Development, a project working to rescue impoverished Bangladeshi children and provide them with a nurturing and supportive environment.

On March 21, one of the UK's leading south Asian dance companies, AKDC, will present a Kathak interpretation of Federico Garcia Lorca's play Yerma. This production has previously run at Sadler's Wells Theatre in autumn 2013 and returns to London for one night following a successful tour of the UK.

Other highlights include a discussion on March 23 regarding how to adequately educate the youth of Bangladesh, and a theatre showing of Off the Grid, a documentary on the arrival of solar energy to a small island in the Bay of Bengal, on March 26.

Freedom Week runs from March 20-29 and a full programme of the events can be found at **richmix.org.uk**

Rich Mix is at 35 Bethnal Green Road, E1.

News in brief

Art in miniature

AN exhibition of 2,000 miniature abstract drawings by Christine Taylor Patten is on until March 28 at the Leyden Gallery in Spitalfields.

Patten began this project in 1997 with the intent to explore wave motion.

The gallery is at 9 Leyden Street, E1. For more information visit **leydengallery.com**

Natural selection

TURNER Prize nominated painter Lynette Yiadom-Boakye has selected a collection of artwork inspired by nature for a free exhibition at the Whitechapel Gallery, opening on March 17.

The exhibit will feature work from Moscow's V-A-C Collection and drawn from a range of mediums including pieces from Andy Warhol, David Hockney and Gary Hume.

This showing is the third in a series of four exhibits by the Whitechapel Gallery which aims to make rarely seen collections from around the world available to the public.

London-born artist Yiadom-Boakye is renowned for her oil portraits of people she has imagined or has found in images and was nominated for the Turner Prize in 2012. For this exhibition she has chosen paintings, photographs and films which capture the natural world.

The V-A-C Collection runs until June 14 at the Whitechapel Gallery, 77 Whitechapel High Street.

Visit **whitechapel gallery.org**

Writers wanted

IDEA Store Whitechapel, at 319 Whitechapel Road, will launch an event on March 19 to find writers and researchers for a project examining the East India Trading Company.

Twenty volunteers will be recruited to delve into the valued records and objects of an organisation, which connected Britain and Asia for more than two centuries, and then write about what they find.

The project launch starts at 6:30pm.

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www.uptonparksnooker.co.uk

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London E1 4AA
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Tel: 020 7265 8506
www.mileendsnooker.co.uk

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FREE women's plumbing course
for those aged 17+ living in Tower Hamlets

Taught by a qualified female plumber, you will gain a City & Guilds Level 1 Certificate. Priority will be given to Circle Housing residents.

When: One day a week from April to July, 10am - 3pm
Where: Circle Housing Old Ford Construction Training Centre, 58 Ollerton Green, E3 2LB

To register and apply, contact Charmaine Brouard.
Email: Charmaine.brouard@circle.org.uk
Tel: 020 8980 5632
Mobile: 07824 560365

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WWW.5ADAY.NHS.UK

Boost your business

Restaurant reviews are a popular feature of East End Life. If you would like to advertise on this page,

CALL OUR ADS TEAM ON 7364 4940

Viva la Revolution!

BY AVARICIOUS ARCHIE

AS a good man once said, the revolution will not make you look five pounds thinner. Standing outside Tapas Revolution on a busy Saturday evening, I'm game for putting the lyric to the test and trying to eat my way through the menu!

A deft touch at Tapas Revolution

The menu at the Bethnal Green Road establishment is broken down into six sections – nibbles, jamon and cheese, fish, eggs, vegetables and meats. I'm going to try one thing from each.

When I arrived, the place was literally buzzing and I was informed that I would need to wait for 40 minutes for a table.

After a fizzy Spanish water at the bar, accompanied by some complementary and tasty green olives, I was seated by an amiable and helpful maître de.

I swiftly made my initial order for chicarrones – in-house fried pork scratchings – which were unfortunately unavailable. I then decided to work my way through the rest of the menu starting with a selection of chacinas – jamon, iberico, chorizo and fuet – followed by boquerones – marinated anchovies in garlic, parsley and pickled chillies.

Alongside, I ordered caliente (hot) pimientos de padron (fried green peppers) and huevos rotos gul (egg, potatoes and baby eel).

The cured meats were a delight, full of flavour and sliced wafer thin. The jamon was a highlight – it almost melted in my mouth.

On one level, it felt a little pricey but I was paying for quality, not quantity.

My anchovies came in their own dainty tin and were well presented – a treat for the eyes and taste buds, with subtle flavours showing a deft touch in the kitchen.

The eggs, potato and baby eel were my attempt at being a little adventurous. Sadly, it was probably the worst thing that I had, tasting a little bland when I had imagined something more full-bodied and distinctive.

As part of my attempt to work the menu, I ordered carrilleras ibericas al chocolate (Iberian pork cheeks braised with chestnuts and chocolate sauce) from the meat section – a rich, deep flavoured sauce containing very well cooked pork.

Finally, I sampled one of the specials called calcots (spring onions) which, according to my waiter, is only served in February. The onions were chargrilled and required the peeling back of the top couple of layers to give access to tender green stalks.

Brunch is served on Saturday and Sunday from 9am to 1pm. On weekdays, they have a traditional menu of affordable meals for the workers – one dish a day that remains the same, week in, week out. It's all served with salad, bread and alioli.

For those who imbibe alcohol, there is a drinks menu that covers the whole of Spain and also includes several gins and sherries.

The Revolution is definitely worth a visit – televised, re-run or live.

The bill came to £23.99.

Tapas Revolution, 58 Bethnal Green Road, E1. www.tapasrevolution.com

No fry finger lickin' chicken

FRIED chicken is a very popular take-away food all over the world.

It's great as a treat every now and again but if you are trying to maintain a healthy weight and heart, eating it regularly won't be helpful.

This recipe is a delicious alternative you can cook at home and the kids will love it.

Crunchy chicken – serves 4

Ingredients

Chicken thighs work best (with or without bone) but you can also use chicken fillets

Breadcrumbs

Herbs or spices you like (try and experiment)

One egg, beaten in a large bowl

Method

1. Pre-heat oven to 200°C (180°C fan oven) or gas mark 6.

2. Lightly oil a baking tray or cover with grease-proof paper.

3. Mix the breadcrumbs with herbs and spices of your choice on a flat plate. Some supermarkets sell pre-seasoned breadcrumbs which can be useful. Some good herb combinations are rosemary or thyme and garlic granules or lemon thyme and garlic granules. Garlic and chilli also works well.

4. Dip the chicken in the egg and roll in the breadcrumbs then place on the baking tray. Repeat until all the chicken is well covered in the breadcrumbs. Bake in a pre-heated oven for about 20-25 minutes – chicken with bone may take a bit longer.

5. Serve immediately. Oven cooked potato wedges are healthier than chips and go well with this dish. Salad or vegetables will make the plate look more attractive especially if you choose a colourful mix.

6. Make sure you wash hands and surfaces well after handling raw chicken and ensure it is cooked thoroughly.

By Michele Sandelson, Tower Hamlets Public Health Dietitian

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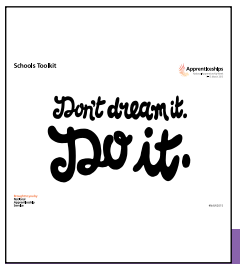


Helping young people progress

National Apprenticeship Week 2015 ran from March 9-13, to celebrate apprenticeships and the positive impact they have on individuals, businesses and the wider economy.

Doing the decent thing

Decent Homes is a five-year scheme to bring all tenanted homes up to the government standard.

Property

Apprentices building constructive careers

BY JESSICA ODUBAYO

AS part of National Apprentice Week last week, social housing landlord Tower Hamlets Homes (THH) celebrated the success of a scheme which has helped 132 apprentices gain training and work opportunities.

The landlord teamed up with its Decent Homes contractors to secure work placements, and the programme has been so successful that almost half of the young people have been offered full-time work or further training.

They have been working in many different aspects of construction across the borough, from quantity surveying through to electrical, plumbing, carpentry and clerical work.

Ruhul Amin, who is gaining experience as an apprentice resident liaison officer, deals with residents' queries as well as working closely with the site manager.

"My training has helped me to build excellent practical and theoretical knowledge," he said.

Apprentice business support officer Mohammod Abdulla, 22, is now taking further training following his successful apprenticeship.

He said: "An apprenticeship is not making coffee for your boss – it's a real job.

"You can really move on in life with an apprenticeship and learn things for yourself that a classroom can't teach you."

Outgoing THH chief executive Gavin Cansfield said: "Our apprenticeships are helping local young people gain the right skills, experience and training to access a more demanding and competitive job industry.

"That so many have found full-time work or training following their apprenticeship is fantastic and shows just how receptive young people can be when they get the chance of quality training."

For more information on apprenticeships contact Skillsmatch on 7364 4900 or email **constructiondesk@towerhamlets.gov.uk**

Ruhul Amin

Mohammod Abdulla

MORE than 70 people packed into a community centre to back Poplar entrepreneurs and enjoy a delicious meal as part of an event providing a new approach to project funding. Diners paid £5 for a two-course meal and, while they ate, representatives pitched projects, hoping to secure the £350 pot raised from ticket sales. Mona Nashed showcased a sewing enterprise and Francis Payne from the Bromley-by-Bow horticulture group also pitched for funding. Mona's sewing group took home the £350 while Francis left with more than £170 in bar takings. The Poplar Pot was run by social enterprise Year Here, inspired by the global Sunday Soup movement, while Sainsbury's and social landlord Poplar Harca provided food and support for the event. Mona is pictured (3rd left) celebrating with sewing group members and Year Here representatives.

Photo by Sam Boyd from Year Here

Get funding to be green

NEW applications can be made for government funding to improve energy efficiency in the home.

From noon on Monday, March 16, the Green Deal Home Improvement Fund will release new funding, with up to £5,600 available to households to help with the cost of installing certain energy saving measures such as solid wall insulation, double glazing, boilers, cavity wall and floor insulation.

Energy and climate change secretary Ed Davey said: "Households up and down the country are reaping the benefits of a warmer home thanks to the Green Deal Home Improvement Fund. And now, with more money available, thousands more can benefit."

More than 25,000 households have received a voucher for the fund since June 2014.

For more information, visit **www.gov.uk/green-deal**

Housing chief moves on

TOWER Hamlets Homes' chief executive is leaving the borough for a new job in Hertfordshire.

Gavin Cansfield is to become chief executive of North Hertfordshire Homes in June after six years in Tower Hamlets.

Mr Cansfield has overseen the improvement of more than 5,000 properties to Decent Homes standard and improvements to customer service.

The arm's length management organisation (ALMO) has also been ranked second nationally by Stonewall for its approach to workplace equality.

tower hamlets homeseekers

13/03/15 - 19/03/15
Closing date for Internet and Telephone bids: 19/03/15

Find out about local schools, council services, transport links, and businesses at: **www.upmystreet.com**

You can bid for these homes only if you have an active application on the Tower Hamlets Housing List. Please do not visit any of them as it may cause a nuisance to neighbours.

We can only contact people we make offers to. Offers are made in priority order based on the lettings policy. A copy of the policy is available from us on 020 7364 2826 or on the website.

টাওয়ার হ্যামলেটস হাউসিং তালিকায় আপনার একটি সক্রিয় আবেদন থাকলেই কেবল এসব বাসাগুলোর জন্যে আপনি নিলাম ডাকার অংশ নিতে পারবেন। অনুগ্রহ করে এই বাসাগুলোর কোনটিই দেখতে যাবেন না কারণ এরফলে প্রতিবেশীরা বিরক্ত হতে পারেন।

যাদেরকে আমরা বাসা দেয়ার প্রস্তাব করি কেবল সেসব লোকেদেরকেই আমরা যোগাযোগ করে থাকি। ভাড়ার নীতিমালার (লেটিং পলিসি) উপর ভিত্তি করে অগ্রাধিকারের ভিত্তিতে বাসা দেয়ার প্রস্তাব করা হয়। 020 7364 2826 নম্বরে অথবা ওয়েবসাইটে এই নীতিমালার কপি পাওয়া যাবে।

Waxaad dooran kartaa guryahan kaliya haddii aad leedahay codsi wali shaqayna oo ku jira liistada guryaha ee Tower Hamlets. Fadlan adigoo raali ah midna ha soo booqan guryahan, waxa laga yaabaa inay buuq ku keenaan jaararka.

Waxaan kaliya oo aan la xidhiidhnaa dadka aanu guryo ugu deeqayno. Guryo bixintu waxa lagu gaadhaa habka mudnaanta loo kala leeyahay ee ku salaysan nidaamka guryo kiraynta. Nuqul ka mid ah nidaamkan waxaad nagaga heli kartaa adigoo la soo xidhiidha telefanka 020 7364 2826 ama cinwaanka internetka

若你仍然登記在塔橋區政府現時生效的房屋名單上，你才可以競投這些房屋。請切勿到任何這些房屋造訪，因爲這可能對鄰居造成滋擾。

我們只能聯絡那些我們可以提供房屋的人士。我們根據租屋政策按優先次序提供房屋。欲索取這份政策，請致電我們，號碼 020 7364 2826，或瀏覽網站。

Nếu đơn thỉnh cầu của bạn trong danh sách xin cấp nhà của Tower Hamlets mà có kết quả, bạn có thể lựa chọn những căn nhà này. Xin đừng tới tham quan bất cứ căn nhà nào vì có thể gây nên những phiền toái cho hàng xóm.

Chúng tôi chỉ có thể liên lạc với những người chúng tôi cấp nhà. Quyết định cấp nhà theo thứ tự ưu tiên dựa trên chính sách cho thuê nhà. Nếu bạn cần bản sao chính sách này, bạn có thể gọi số 020 7364 2826 hoặc vào trang web.

آپ ان گھروں کے لئے صرف اسی صورت میں بولی دے سکتے ہیں اگر ''ٹاور ہیملٹس ہاؤسنگ لسٹ'' میں آپ کی درخواست واجب اور زیرِ غور ہے۔ براہِ کرم ان میں سے کسی گھر کو دیکھنے کے لئے مت جایئے، کیونکہ یہ ہمسائیوں کے لئے پریشانی کا باعث ہو سکتا ہے۔

ہم صرف ان لوگوں سے رابطہ کر سکتے ہیں جن کو ہم گھر کی پیشکش کرتے ہیں۔ یہ پیشکش کرایہ داری کی پالیسی کی بنیاد پر ترجیحی لحاظ سے کی جاتی ہے۔ پالیسی کی کاپی ہم سے اس نمبر پر رابطے کے ذریعے دستیاب ہو سکتی ہے 020 7364 2826 یا آپ اسے ویب سائٹ پر ملاحظہ کر سکتے ہیں۔

website: www.towerhamlets.gov.uk

Support Charges apply to **all Sheltered homes for the Over 60's**. This will be covered by Supporting People Subsidy **if you are entitled to Housing Benefit or other benefits**. Subsidy is also available for individuals not in receipt of benefit in some cases. If you need information about financial help, please contact the Lettings Team on 020 7364 0204/0206 or ask for a copy of our leaflet **'Support Charges in long term Supporting People Services'**. This is also available on our website www.towerhamlets.gov.uk.

Further information on homes advertised is available at One Stop Shops & Neighbourhood Housing Offices

Key for Accessible Housing Register

Some people require a home that is accessible. These homes are coded as follows:

Category	*Description*
A Wheelchair Accessible	*Purpose built to meet most recent wheelchair housing standards*
B Partially Wheelchair Accessible	*Designed to older wheelchair housing standards*
C Life time Homes	*Specifically designed to create an accessible and adaptable home*
D Easy Access	*Designed to be spacious with no steps to the property*
E Step-free	*General housing with no steps to the property*
F General Housing	*Does not meet requirements for other categories*
G Not assessed	*Property not yet had access survey*

Vulnerable applicants who need help and information regarding their housing application and with finding suitable accessible and/or adapted homes, contact the Lettings Client Support Team on **020 7364 0204 / 0206 / 0209**.

1. Internet Bidding
Just log on to www.thhs.org.uk

2. Telephone Bidding
Simply call 0845 270 2400

Permit Transfer Scheme: for residents moving to 3 bedroom or larger social rented car free homes

The Mayor of Tower Hamlets introduced the new Permit Transfer Scheme (PTS) to operate from 5 September 2011 to help to reduce the levels of overcrowding in social rented housing in the borough. The PTS helps some families move to larger social rented car free homes by allowing them to retain one on-street resident car parking permit, subject to the PTS criteria as outlined below being met. The PTS is a change in the operation of the Council's existing on-street Residents' Parking Permit Scheme.

CAR FREE HOMES No on-street residents' parking permits issued

The Council's 'car free homes' planning policy was introduced in Tower Hamlets in the late 1990s to help reduce traffic congestion and better manage the limited supply of on-street parking spaces. This initiative also helps to reduce the level of air pollution from motor vehicles and encourages more people to walk, cycle and go by public transport.

The Transport for London (TfL) Cycle Hire scheme (www.tfl.gov.uk/cycling) and local pay-as-you-go car clubs (www.carplus.org.uk) are also now available in Tower Hamlets to help you get around in healthier, greener ways.

If you live in a car free home, you will not be able to apply for on-street residents' car parking permits, unless you hold a disabled driver's blue badge or are eligible under the Permit Transfer Scheme (PTS), which is targeted at social rented housing residents. The criteria for the PTS is as follows:

1. applies to residents moving to **3** bedroom or larger social rented car free homes;
2. only one on-street resident parking permit per household is permitted;
3. you must have held your on-street car parking permit for at least 1 year prior to moving home;
4. your on-street parking permit must be renewed and **not lapse to remain eligible** under the scheme;
5. the tenant is responsible for providing proof of PTS eligibility to Parking Services (including a duly signed and dated Tower Hamlets Homes or housing association approved tenancy agreement); and
6. the PTS was introduced on (and operates from) 5 September 2011 by Tower Hamlets Council and **is not retrospective**.

Residents in car free homes can apply for a temporary parking permit for visiting trades people for £5 a day. To qualify, written proof of the work to be carried out must be provided, along with the vehicle's details. Each home can apply for a maximum of 20 one-day-permits within a 6 month period.

Alternatively, scratchcards are available for trades people and visitors, providing parking for up to five hours on weekdays and all day on weekends. Households can apply for up to 3 books of 10 scratchcards per year. For permit charges and information, visit www.towerhamlets.gov.uk/parking

For more detailed information about the following adverts please visit the Homeseekers website at www.thhs.org.uk

SHELTERED
Accessible Category E
EDITH RAMSAY HOUSE, DUCKETT STREET, E1
Flat • 1 Bed 2 Person • 2nd floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Permit parking • Pets not permitted

Eligibility : Min Client Age 60

£174.02, Weekly - Social Rent
Landlord: Gateway Housing Association

Property Ref: 31886

SHELTERED
Accessible Category E
EDITH RAMSAY HOUSE, DUCKETT STREET, E1
Flat • 1 Bed 2 Person • 1st floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Shared garden • Permit parking • Pets not permitted

Eligibility : Min Client Age 60

£171.67, Weekly - Social Rent
Landlord: Gateway Housing Association

Property Ref: 31914

OVER 50's
Accessible Category F
CROSBY HOUSE, MANCHESTER ROAD, E14
Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Permit parking • Pets not permitted

Eligibility : Min Client Age 50

£146.83, Weekly - Social Rent
Landlord: Gateway Housing Association

Property Ref: 31887

OVER 50's
Accessible Category F
ALTON STREET, E14

Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets with landlords permission One week's advance rent required. Rent increase pending April 2015

Eligibility : Min Client Age 50

£135.63, Weekly - Social Rent
Landlord: Poplar HARCA

Property Ref: 31882

OVER 50's
Accessible Category F
KILDARE WALK, E14

Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Wet room (walk in shower) • GCH • No garden • Permit parking • Pets with landlords permission .One week's advance rent required. Rent increase pending April 2015

Eligibility : Min Client Age 50

£123.92, Weekly - Social Rent
Landlord: Poplar HARCA

Property Ref: 31881

1 BEDROOM
Accessible Category G
ARGYLE ROAD, E1

Flat • 1 Bed 1 Person • 1st floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years. One week's advance rent required.

£104.23, Weekly - Social Rent
Landlord: Peabody

Property Ref: 31924

1 BEDROOM
Accessible Category C
BISSAGOS COURT, BERMUDA WAY, E1
Flat • 1 Bed 2 Person • 2nd floor • New build • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted

£131.26, Weekly - Social Rent
Landlord: Spitalfields HA

Property Ref: 31922

1 BEDROOM
Accessible Category F
HOPETOWN STREET, E1

Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted .Rent incease pending April 2015. Heating and water included in charges

£129.44, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31893

1 BEDROOM
Accessible Category F
SHEARSMITH HOUSE, HINDMARSH CLOSE, E1
Flat • 1 Bed 2 Person • 21st floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Residents parking scheme,Permit parking • Pets with landlords permission

£127.35, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 31912

1 BEDROOM
Accessible Category F
HATTON HOUSE, HINDMARSH CLOSE, E1
Flat • 1 Bed 2 Person • 20th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking, • Pets with landlords permission

£136.35, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 31879

1 BEDROOM
Accessible Category F
GALLEON HOUSE, GLENGARNOCK AVENUE, E14
Maisonette • 1 Bed 2 Person • 5th floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Residents parking scheme,Permit parking • Pets with landlords permission

£121.12, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 31878

1 BEDROOM
Accessible Category F
MALLORY CLOSE, E14

Flat • 1 Bed 2 Person • 3rd floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • Check heating on viewing • No garden • Permit parking • Pets with landlords permission .One week advance rent required. Rent increase pending April 2015

£122.62, Weekly - Social Rent
Landlord: Poplar HARCA

Property Ref: 31904

1 BEDROOM
Accessible Category F
WAINWRIGHT HOUSE, GARNET STREET, E1W
Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted . Rent incease pending April 2015

£111.71, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31921

1 BEDROOM
Accessible Category F
CUFF POINT, COLUMBIA ROAD, E2

Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted • Rent increase pending April 2015 • Heating and water included in charges

£117.87, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31900

1 BEDROOM
Accessible Category F
SABELLA COURT, E3

Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Private garden • Permit parking • Pets permitted. Rent increase pending April 2015

£104.24, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31906

1 BEDROOM
Accessible Category F
HACKWORTH POINT, RAINHILL WAY, E3
Flat • 1 Bed 2 Person • 13th floor • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets with landlords permission • Fixed Term. This is a fixed term tenancy of 5 years. Existing social housing tenants will be issued an asssured tenacy

£142.29, Weekly - Social Rent
Landlord: Swan Housing Association

Property Ref: 31883

2 BEDROOMS
Accessible Category F
BARNARDO GARDENS, BARNARDO STREET, E1
Maisonette • 2 Bed 4 Person • 4th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Residents parking scheme • Pets not permitted

£138.71, Weekly - Social Rent
Landlord: Tower Hamlets Community Housing

Property Ref: 31920

2 BEDROOMS
Accessible Category F
BELGRAVE STREET, E1

House • 2 Bed 3 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Permit parking • Pets permitted . Rent increase pending April 2015

£147.99, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31916

2 BEDROOMS
Accessible Category F
STOCKHOLM HOUSE, SWEDENBORG GARDENS, E1
Flat • 2 Bed 3 Person • 10th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • On street parking,Permit parking • Pets with landlords permission

£135.81, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 31911

2 BEDROOMS
Accessible Category F
GALLEON HOUSE, GLENGARNOCK AVENUE, E14
Maisonette • 2 Bed 3 Person • 3rd floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets with landlords permission

£138.21, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 31913

2 BEDROOMS
Accessible Category F
RAYNERS TERRACE, CARR STREET, E14
Flat • 2 Bed 4 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Balcony • Permit parking • Pets not permitted

£135.34, Weekly - Social Rent
Landlord: Gateway Housing Association

Property Ref: 31915

2 BEDROOMS
Accessible Category F
ROCHE HOUSE, BECCLES STREET, E14
Flat • 2 Bed 3 Person • 1st floor • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted .Rent increase pending April 2015

Eligibility: Homeless Permanent

£113.22, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31895

2 BEDROOMS
Accessible Category C
GLASSHOUSE FIELDS, E1W

Flat • 2 Bed 3 Person • 3rd floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted

£154.50, Weekly - Social Rent
Landlord: Newlon HA

Property Ref: 31902

2 BEDROOMS
Accessible Category F
TOMLINSON CLOSE, BRICK LANE, E2

Maisonette • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • Private garden • Permit parking • Pets permitted. Rent increase pending April 2015

£134.14, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31897

2 BEDROOMS
Accessible Category F
BRIGGS HOUSE, CHAMBORD STREET, E2
Flat • 2 Bed 4 Person • 5th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted . Rent increase pending April 2015

£122.66, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31898

For more detailed information about the following adverts please visit the Homeseekers website at www.thhs.org.uk

2 BEDROOMS
Accessible Category F
MALMESBURY ROAD, E3

Maisonette • 2 Bed 4 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted Rent increase pending April 2015

£134.24, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31884

2 BEDROOMS
Accessible Category F
MALTINGS CLOSE, E3

Flat • 2 Bed 4 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • Electric radiators • No garden • Permit parking • Pets not permitted

£171.50, Weekly - Social Rent
Landlord: East Thames Group

Property Ref: 31923

2 BEDROOMS
Accessible Category F
BERKELEY HOUSE, WELLINGTON WAY, E3

Flat • 2 Bed 3 Person • 16th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • Electric storage heater • No garden • Residents parking scheme,Permit parking • Pets not permitted Children must be aged 10 years or over

£145.34, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 31908

3 BEDROOMS
Accessible Category G
HAVERING STREET, E1

House • 3 Bed 5 Person • Ground Floor • Separate kitchen • No Lift • Level access shower • GCH • Private garden • Permit parking • Pets permitted • This is a fixed term tenancy of 5 years. Existing social housing tenants will be issued an assured tenancy.

£158.06, Weekly - Social Rent
Landlord: Genesis Housing Association

Property Ref: 31907

3 BEDROOMS
Accessible Category C
PARKSIDE SQUARE, E14

Maisonette • 3 Bed 5 Person • Ground Floor • New build • Kitchen diner kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Private garden • Car free home • Pets not permitted .Electric Cooking. Service charge to be advised

£155.78, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 31880

3 BEDROOMS
Accessible Category F
BARLEYCORN WAY, E14

Flat • 3 Bed 6 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted .Rent increase pending April 2015

£148.59, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31919

3 BEDROOMS
Accessible Category F
OAST COURT, THREE COLT STREET, E14

Maisonette • 3 Bed 4 Person • 4th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted. Rent increase pending April 2015

£158.29, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31917

3 BEDROOMS
Accessible Category C
DUCERE HOUSE, VIADUCT STREET, E2

Flat • 3 Bed 4 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted

£168.36, Weekly - Social Rent
Landlord: Gateway Housing Association

Property Ref: 31885

3 BEDROOMS
Accessible Category F
KEATS HOUSE, ROMAN ROAD, E2

Maisonette • 3 Bed 6 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted • Rent increase pending April 2015

£132.24, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31905

3 BEDROOMS
Accessible Category G
CYPRUS STREET, E2

House • 3 Bed 5 Person • Ground Floor • Separate kitchen • No Lift • Wet room (walk in shower) • GCH • Private garden • Pets permitted . One week's advance rent required. Permit parking

£191.76, Weekly - Social Rent
Landlord: Southern Housing Group

Property Ref: 31901

3 BEDROOMS
Accessible Category F
STAMP PLACE, E2

Maisonette • 3 Bed 5 Person • Ground Floor • New build • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Private garden • Car free home • Pets not permitted • This is a fixed term tenancy of 5 years. Existing social housing tenants will be issued an assured tenancy. Electric cooking. One week's advance rent required

£153.91, Weekly - Social Rent
Landlord: Dominion Housing Group

Property Ref: 31888

3 BEDROOMS
Accessible Category F
STAMP PLACE, E2

Maisonette • 3 Bed 5 Person • Ground Floor • New build • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Private garden • Car free home • Pets not permitted • This is a fixed term tenancy of 5 years. Existing social housing tenants will be issued an assured tenancy. Electric cooking . One week's advance rent required

£153.91, Weekly - Social Rent
Landlord: Dominion Housing Group

Property Ref: 31889

3 BEDROOMS
Accessible Category F
STAMP PLACE, E2

Maisonette • 3 Bed 5 Person • Ground Floor • New build • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Private garden • Car free home • Pets not permitted • This is a fixed term tenancy of 5 years. Existing social housing tenants will be issued an assured tenancy. Electric cooking. One week's advance rent required

£153.91, Weekly - Social Rent
Landlord: Dominion Housing Group

Property Ref: 31890

4 BEDROOMS
Accessible Category F
PELTER STREET, E2

Maisonette • 4 Bed 8 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted • Rent increase pending April 2015

Eligibility : Transfer List

£163.06, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31894

Reminder

Please respect people's privacy by not attempting to access advertised properties or knocking at neighbouring homes. This causes a nuisance and may distress some individuals.

AFFORDABLE RENT PROPERTIES

Changes to Government policy mean that Housing Associations have been forced to charge higher rents on some properties. In addition not all tenancies will be tenancies for life. Please note the rent level and length of tenancy offered on the following homes.

You are advised to check the Homeseekers website at www.thhs.org.uk for further information.

AFFORDABLE RENT
Accessible Category F
PARFETT STREET, E1

Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted • Life Time.

£184.50, Weekly - Affordable Rent
Landlord: Gateway Housing Association

Property Ref: 31892

AFFORDABLE RENT
Accessible Category G
SALMON LANE, E14

Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • On street parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£207.00, Weekly - Affordable Rent
Landlord: Circle 33 HA

Property Ref: 31918

AFFORDABLE RENT
Accessible Category G
TIBER CLOSE, E3

House • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Private garden • On street parking,Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£231.92, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 31891

AFFORDABLE RENT
Accessible Category G
ELTON HOUSE, CANDY STREET, E3

Flat • 1 Bed 2 Person • 15th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • On street parking,Residents parking scheme • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years. Concierge/CCTV

£188.78, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 31899

AFFORDABLE RENT
Accessible Category G
WAVERTON HOUSE, JODRELL ROAD, E3

Flat • 2 Bed 4 Person • 19th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Residents parking scheme • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years. Concierge/CCTV

£203.18, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 31896

AFFORDABLE RENT
Accessible Category F
JOSSILINE COURT, FORD ROAD, E3

Flat • 1 Bed 2 Person • 3rd floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Residents parking scheme • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

Eligibility : Min Client Age 50

£180.37, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 31909

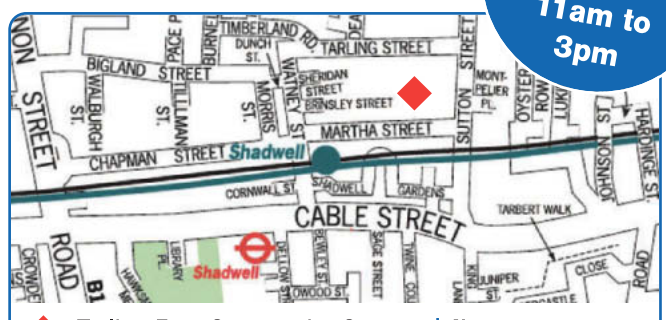
tower hamlets homeseekers

OPEN DAY

Saturday 21st March 2015

at Tarling East Community Centre

The venue will be open from 11am to 3pm



Tarling East Community Centre, 63 Martha Street, Shadwell, London E1 2PA.

Nearest transport:
Bus: 339 and D3
DLR/Tube: Shadwell

The themes for the day are...

- **Bid Smart** — How to improve prospects of being rehoused by smarter bidding
- **Housing options for moving out of the borough**
- **Mutual Exchanges**
- **Money Management**

We will have dedicated teams available to help you on the day.

READY... SET ...LET!

GUARANTEED RENT WITH HAMLETTS

- ✓ 1-5 Years Guaranteed Rent
- ✓ Start Rent Immediately
- ✓ No Fee
- ✓ No Commission
- ✓ No Void Periods
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- ✓ Free Energy Performance Certificate
- ✓ Free Gas Safety Certificate
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REFER A FRIEND & RECEIVE £500*

CALL NOW:
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hamletts.com
the property management company

236 ROMAN ROAD, LONDON, E2 0RY
EMAIL: INFO@HAMLETTS.COM
TEL: 020 8980 3377 FAX: 020 8980 9434

*Terms and conditions apply

To reserve your space in East End Life, call us by midday on the Tuesday prior to publication.

Health Trainer

The Bromley by Bow Centre is a pioneering charity located in an award winning three-acre park close to the Olympic complex in the East End, an increasingly vibrant area of London undergoing wide-ranging regeneration.

We have a national and international reputation for our innovative work in the local community, inspiring and empowering local people and supporting over 1,400 people each month.

We are delighted to be expanding our current team by recruiting a new **part time Health Trainer** to work across Bow West, Bow East, Bromley North, Bromley South and Mile End wards, Tower Hamlets.

The successful applicant must have experience of delivering client-focused services, working with local communities, good communication skills and a genuine interest in helping people to tackle the challenges they face in leading a healthy lifestyle.

This is a part-time position, 14 hours per week, offering a salary in the range of £22,200-£26,800, 30 days' annual holiday (pro rata) and a workplace pension.

You will be joining a dedicated and diverse team of around 120 staff and volunteers, all of whom helped to elevate the Bromley by Bow Centre into The Sunday Times 100 Best Not-For-Profit Organisations to Work for 2014.

The Bromley by Bow Centre's website is of course an excellent way of finding out more about the charity, its activities and job details: **www.bbbc.org.uk**

Interested candidates are invited to send a completed application form along with Equal Opportunity Monitoring form to Ather Khan, HR Manager on **hr@bbbc.org.uk by 9:00am on Monday 23rd March. Interviews will be held on Friday 27th March 2015.**

The Bromley by Bow Centre is an equal opportunities employer and welcomes applications from all sections of the community. An enhanced DBS validation will be required from the successful candidate.

bromley by bow centre

WHFS WOMEN'S HEALTH & FAMILY SERVICES **Maternity Mates Project**

Volunteers Needed

The WHFS Volunteer Maternity Mates Project provides FREE accredited OCN level 3 training to volunteers, enabling them to support women through pregnancy and childbirth.

Open day held on:
Date: 2nd April 2015
Venue: The Brady Centre,
192 to 196 Hanbury Street, E1 5HU
Time: 11am – 1pm.

Limited places available

To register your interest please send a text to 07960 328198 or send an e-mail to Lepa.Rahman@whfs.org.uk with your name and contact details.
Visit our website for more information www.whfs.org.uk

Information, Advice and Advocacy Coordinator
£32,200

Real — Disabled people working together for real choices

We are a dynamic, growing user-led organisation. We are recruiting for a Coordinator for the Local Link service we deliver as part of a consortium of Tower Hamlets-based organisations.

We particularly welcome applications from disabled people, and people who live in Tower Hamlets.

Applications close: 9am on Thursday 31 March

Full information at www.real.org.uk/IAACrole

HLF Skills for the Future Traineeships

Whitechapel Gallery

Supported by the Heritage Lottery Fund, the Whitechapel Gallery will be recruiting six Trainees to work in six different departments, commencing on 2 June 2015.

Traineeships focus on high quality, work-based accredited training, with additional in-house workshops, visits to museums, galleries, and archives, and monthly career mentoring sessions. Contracts are for one year, with a £14,500 bursary.

On completion, Trainees are awarded an EDI level 3 diploma in Cultural Heritage. The programme aims to bring new and diverse talent into the heritage sector, and to provide an entry route into cultural employment for those with little prior work experience.

The application process for 2015-16 is now open. Please visit http://www.whitechapelgallery.org/about/recruitment/hlf-traineeships/ to download an application pack. Please read all guidance carefully, and return your completed application form to recruitment@whitechapelgallery.org

Deadline: Midnight Sunday 5 April 2015

Interview schedule:

Development Traineeship:	1 May 2015
Operations Traineeship:	21 April 2015
Visitor Services Traineeship:	30 April 2015
Exhibitions Traineeship:	24 April 2015
Education Traineeship:	29 April 2015
Communications Traineeship:	22 April 2015

Start date: 2 June 2015

Supported by The National Lottery® through the Heritage Lottery Fund — heritage lottery fund

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To place your job advert in East End Life, call...

Chris on 7364 4994
Fatima on 7364 4623
Sharan on 7364 4061
Terri on 7364 4682

FEMALE PAs REQUIRED
EAST LONDON

To support independent disabled woman for 5 hours Saturdays and Sundays (10 hours a week), as well as occasional cover on week days. £10 an hour.

Previous experience of PA work in community setting/one to one support in an individual's home is essential.
Must be willing to receive training.

You can download the application pack from **www.real.org.uk/AW118** or write to **Ref. AW118**, Real, 1st Floor Jack Dash House, 2 Lawn House Close, London E14 9YQ

Closing date: 5pm 30 March 2015
Interviews: Early April

---

al-mizan SCHOOL — London East Academy

Administrative Officer & Clerk to the Governing Body

Salary range: £20,000 to £25,000
(depending on qualifications and experience)

The governors of Al-Mizan (primary) and London East Academy (secondary) - independent Islamic schools are seeking to recruit a highly skilled and experienced Administrative Officer & the Clerk to the Governing Body.

The ideal person will:

- be qualified to A-level/BTEC Level 3 or higher
- be highly skilled in use of Information Technology
- be highly literate, numerate and organised
- be an excellent communicator
- have some experience of working in an office environment
- have a positive and 'can do' attitude

Application pack can be downloaded from our school website **www.leacademy.com** or by emailing **admin@leacademy.com**

Deadline for application: Friday 27th March 2015
Interviews will be held: Week Commencing the 13th April 2015.

London Muslim Centre (2nd Floor),
46 Whitechapel Road London E1 1JX
Tel: 020 7650 3070

Notice is hereby given that the London Borough of Tower Hamlets has set its Council Tax at the following amounts for the financial year **1st April 2015 to 31st March 2016**;

Band A	£787.02
Band B	£918.18
Band C	£1,049.35
Band D	£1,180.52
Band E	£1,442.86
Band F	£1,705.19
Band G	£1,967.54
Band H	£2,361.04

STEPHEN HALSEY
HEAD OF PAID SERVICE &
CORPORATE DIRECTOR CLC

TOWER HAMLETS

Kumon expands in Tower Hamlets

Open your own Kumon Maths and English Study Centre and benefit from:

- being your own boss
- helping local children succeed
- a proven and successful business model

Information sessions taking place across Tower Hamlets:

Shoreditch – 10 April

Bethnal Green – 28 May

Opportunities to open in:

Isle of Dogs	**Bow**
Shadwell	**Bethnal Green**
Stepney	**Whitechapel**

To find out more and book your place call

0800 988 6579

kumon.co.uk

KUMON

Public & Legal Notices

LONDON BOROUGH OF TOWER HAMLETS

PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990, SECTIONS 10, 67 AND 73

APPLICATIONS FOR LISTED BUILDING CONSENT AND APPLICATIONS FOR DEVELOPMENT WHICH WOULD IN THE OPINION OF THE LOCAL PLANNING AUTHORITY AFFECT THE CHARACTER OR APPEARANCE OF AN AREA DESIGNATED AS A CONSERVATION AREA OR WOULD AFFECT THE SETTING OF A LISTED BUILDING.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

44-46 Settles Street, London, E1 1JP **PA/15/365/ADW**
Internal reconfiguration of 5no. existing residential units and erection of new loft extension to provide 2 x studio and 4 x 2 bed residential units (Use Class C3).

57 Bow Road, London, E3 2AD **PA/15/380/GMA**
Retrospective application for Illuminated fascia sign to replace existing.

57 Bow Road, London, E3 2AD **PA/15/379/GMA**
Retrospective application for the traditional design of a shopfront.

Basement Unit, Sun Walk, London, E1W 1AT **PA/15/377/AHU**
Change of Use of basement level from storage (use class B8) to office (use class B1), and installation of windows at basement level into existing lightwell.

Flat 22, Slipway House, 2 Burrells Wharf Square, London, E14 3TD **PA/15/440/IOL**
Removal of internal wall between kitchen and living room

St Mary And St Joseph Presbytery, Pekin Street, London, E14 6EZ **PA/15/351/CSK**
Convert existing first floor guest rooms into flat. Minor internal alterations. New gate access in existing boundary wall. Replace existing windows.

40 Zealand Road, London, E3 5RB **PA/15/371/KHM**
Erection of a part two storey part one storey rear extension.

7A Artillery Passage, London, E1 7LJ **PA/15/264/AHU**
Change of use from A1 to A3 (Restaurant).

450 Hackney Road, London, E2 6QL **PA/15/300 & 301/EBW**
Conversion of the ground floor within a listed building into two x 1-bedroom flats

31 Fournier Street, London, E1 6QE **PA/15/385/LYM**
Large Silver Birch. 30% Crown Reduction. Reducing vertical and lateral branches by 2-4 meters.

64-66 Redchurch Street, London, E2 7DP **PA/15/273/KHA**
Installation of 2 new hand painted fascia signs to brickwork and 1 new internally illuminated menu sign. Internal illumination to the following existing signs: 2 existing projecting signs, existing 'menu' entrance sign and. External illumination of the existing 'cinema' sign with LED uplighter.

Shepton Houses, Welwyn Street, London **PA/14/3058/JT**
Replacement of existing timber sash cord windows with new timber sash cord double glazed windows

140 Whitechapel Road, London, E1 1JE **PA/15/397/LYM**
- New Fascia Subway sign - internally illuminated - Project Subway sign - Internally Illuminated - LED open sign - Printed Vinyl Sign

140 Whitechapel Road, London, E1 1JE **PA/15/396/LYM**
- New glazed entrance way - New glazing to front - New Fascia sign to cover up proposed extract and air duct - New proposed roller shutter

Queen Victoria Seamans Rest, 121 East India Dock Road, London, E14 6DF **PA/15/416/IOL**
A new covered external link staircase across an inner courtyard between that will connect the existing ground floor entrance directly with the first floor gallery within the existing Emery Hall.

159 Cannon Street Road, London, E1 2LX **PA/15/415/ADW**
Continuation of use of the ground floor for Dual Class A1 (retail) and Class A5 (hot food takeaway) use with on-site cooking facilities, including the retention of the existing kitchen extract system and flue located on the flat roof of the single storey rear extension.

Metropolitan Wharf Building, 70 Wapping Wall, London **PA/15/367 & 368/SHA**
Internal alterations to part ground floor and part basement to facilitate proposed use as restaurant.

428E Hackney Road, London, E2 7AP **PA/15/415/LAB**
Mansard roof extension.

9C Eric Street, London, E3 4JL **PA/15/339/IOL**
Mansard rooftop extension.

Flat 204, Staten Building, Fairfield Road, London, E3 2UA **PA/15/402/BMC**
Removal of internal wall.

68 Brokesley Street, London, E3 4QJ **PA/15/442/SAE**
The proposal consists of the demolish of the existing closet wing rear projection. The construction of lower ground floor full width rear extension. Rebuild and extend width and height of ground floor closet wing.

18 Hertsmere Road, London E14 4AY **PA/15/391/EBW**
Proposed restaurant refurbishment of a Grade 1 listed building

Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 21 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated: 16th March 2015

OWEN WHALLEY
Head of Planning and Building Control

TOWER HAMLETS

To place your public notice in East End Life, call...
Chris on 7364 4994 | Terri on 7364 4682
Fatima on 7364 4623 | Sharan on 7364 4061

Public & Legal Notices

LONDON BOROUGH OF TOWER HAMLETS

TOWN & COUNTRY PLANNING ACT 1990

MAJOR APPLICATIONS UNDER ARTICLE 13(4)) OF THE TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2010 AND OTHER SIGNIFICANT APPLICATIONS.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

Former, 25-28 Dalgleish Street, London **PA/15/393/PLA**
Submission of reserved matters (appearance and landscaping) pursuant to the outline planning permission dated 30th March 2012, reference PA/11/03382, for: "The construction of a part four storey, part seven storey building to provide 60 flats (22 x 1 bedroom, 19 x 2 bedroom, 8 x 3 bedroom and 11 x 4 bedroom) with refuse and recycling facilities together with laying out of a 'homezone' in Dalgleish Street."

Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 14 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated 16th March 2015

OWEN WHALLEY
HEAD OF PLANNING & BUILDING CONTROL

TOWER HAMLETS

Public notices

LONDON BOROUGH OF TOWER HAMLETS

LICENSING ACT 2003

NOTICE OF APPLICATION FOR A PREMISES LICENCE

NOTICE IS GIVEN THAT St Paul's Arts Trust has applied to the London Borough of Tower Hamlets Licensing Authority for a Premises Licence under the Licensing Act 2003.

Premises: Roof Garden, Crossrail Place, London E14 5AR

The licensable activities and timings are: Community participation activities and shows incorporating musical performance, singing, drama, poetry and dance along with informative talks, workshops and seminars.
Activities will take place between Monday-Sunday 10am-10pm.

Anyone who wishes to make representations regarding this application must give notice in writing to: The Licensing Section, London Borough of Tower Hamlets, Mulberry Place, 5 Clove Crescent, London E14 2BG. Website: www.towerhamlets.gov.uk Tel: 020 7364 5008

Representations must be received no later than 20/04/15

The Application Record and Register may be viewed between 10am and 4pm Monday to Friday during normal office hours at the above address.

It is an offence under Section 158 of the Licensing Act 2003, knowingly or recklessly to make a false statement in connection with an application and the maximum fine for which a person is liable on summary conviction for the offence is up to level 5 on the standard scale (£5000)

Take Notice of

Public Notices

Make sure you know what's going on in your neighbourhood.

LONDON BOROUGH OF TOWER HAMLETS

THE TOWER HAMLETS (A4 PARKING PLACES) (NO.1) ORDER 2011 (AMENDMENT NO.2) ORDER 2015 NO.22

THE TOWER HAMLETS (WAITING AND LOADING RESTRICTIONS) (NO.1) ORDER 2012 (AMENDMENT NO.4) ORDER 2015 NO.23

1. **NOTICE IS HEREBY GIVEN** that the Council of the London Borough of Tower Hamlets on 16th March 2015 made the above-mentioned Orders under the relevant sections of the Road Traffic Regulation Act 1984, as amended by Section 5 of the Local Government Act 1985 and the Traffic Management Act 2004.
2. The general effect of the Orders would be to in:

   Approach Road (outside the Upper Raines Foundation School) –

   i) To revoke the Shared Use Parking spaces and introduce a single Shared Use Bay of 5 Parking spaces opposite 'The Approach Tavern' public house.

   ii) To move the existing the 'School Keep Clear' markings northwards directly outside the entrance of the School.

   iii) Outside no. 49-55, to convert the Single Yellow Line to Double Yellow Line.
3. The Regulations, fees and usual exemptions imposed by the governing Traffic Management Orders would apply to the proposals referred to in paragraph 2 above.
4. A copy of each of the proposed Orders and all relevant documents can be inspected, by prior appointment, at the offices of the at the Parking Services Offices, 585-593 Commercial Road, London E10HJ (0207-364 6952), during normal office hours on Monday to Friday inclusive until the expiration of a period of 21 days from the date on which this notice is published.
5. Any person desiring to comment on or object to any of the proposed Orders should send a statement in writing or Email: Parking.development@towerhamlets.gov.uk of their objection and the grounds thereof, to the above address within the aforementioned period of 21 days.

Dated: 16th March 2015

JAMIE BLAKE
SERVICE HEAD, PUBLIC REALM

Who's up for the cup?

You can still enter a team for this year's Mayor's Cup. Boys and girls up to the age of 18 play in the youth and junior sections of the competition. There is also a tournament for adults.

SEE BELOW

Sport

THERE'S still time for girls and boys to enter the 2015 Mayor's Cup. Now in its fifth year, the 11-a-side tournament will be held on the weekends of April 11 & 12 and 18 & 19, with three categories – adult, youth (under 14, 16 and 18) and junior (under 8, 9, 10, 11 and 12). Both male and female youth and adults' qualifying stages will be held on the first weekend at Victoria Park, on the winter league pitches (near the changing rooms).
Junior heats will be held on Saturday, April 18 on the AstroTurf pitches at Mile End Stadium followed by the finals for all age groups on Sunday, April 19 at Mile End Stadium, Rhodeswell Road, E14. The deadline for entries is Friday, March 20. To find out more about sponsoring the Mayor's Cup or taking part call Derek Bennett on 7364 2681 or email derek.bennett@towerhamlets.gov.uk

Leisure centres

John Orwell Sports Centre
Tench Street, Wapping, E1W.
7488 9421

Langdon Park Leisure Centre
35 Byron Street, Poplar, E14
SHOKK Youth Fitness Centre.
7987 3575

Mile End Park Leisure Centre
190 Burdett Road, E3.
8709 4420

Mile End Park Stadium
Rhodeswell Road, Poplar, E14.
8980 1885

St George's Pools
221 The Highway, Wapping E1W.
7709 9714

Tiller Leisure Centre
Tiller Road, Isle of Dogs, E14.
7987 5211

Whitechapel Sports Centre
55 Durward Street, Whitechapel, E1.
7247 7538

York Hall Leisure Centre
5-15 Old Ford Road, E2.
8980 2243

Sport & leisure

Back to netball
Weekly sessions. £1.10. Tues, 6pm.
John Orwell Sports Centre, Tench Street, E1W.
07914 685261

Body conditioning
Thurs, 6.15pm. Shadwell Basin Centre, Glamis Road, E1.
07961 951522

Cricket coaching
Under-11s and under-13s – Weds, 4-5.30pm; under-16s – Tues, 4.30-6pm; ages 16+ – Thurs 5-8pm.
Dockland Settlements, 197 East Ferry Road, E14.

Docklands women's running group
All abilities welcome
Mon, 6.30pm. Mile End Stadium, Rhodeswell Road, E14.
07958 368070

Football training
Every Sat, 9-11am for boys and girls aged 5-11,Mulberry School for Girls, Richard Street, E1; 12-1pm for boys and girls aged 3-5. St Patrick's School, Dundee Street, E1W.
07956 095218

Kibondo
Martial art for ages 6 & over. Mon, 6.30-8pm, all ages; Fri, 7-8.30pm, seniors & adults. £4 adults, £3 children, first lesson free. Teviot Centre, Wyves Street, E14.
07956 428654

Kickboxing and self-defence
£5 per class. Suns, 1pm; Tues, 7pm (women only).
Whitechapel Sports Centre, Durward Street, E1.
07983 201987

Chi kung
Ancient Chinese exercise practice with gentle, meditative exercises.
Mon, 6-7.15pm.
St Margarets' House Settlement, E2.
07905 098413

Kool Karate and Fitness Fun
Every Tues & Thurs, 5-6pm.
St James-the-Less Hall, St James's Avenue, E2.
07934 126510

Kung fu
Learn the Wong Shun Leung system of ving tsun.
Weds, 8-9pm. £7, adults only (kids classes coming soon).
St John's Church Hall, 200 Cambridge Heath Road, E2.
07930 609379

Kung fu fitness
Mons 7-9pm.Bryant Street Methodist Centre, Stratford, E15.
07950 637345

Muay Thai for women
KO London, 186 The Arches, Globe Road, E2. Sat 3-4.15 £7 concs, £9 waged.
7265 9693

Martial arts
Learn the Wong Shun Leung system of ving tsun kung fu.
Weds 8-9pm. £7, adults only.
St John's Church Hall, 200 Cambridge Heath Road, E2.
07930 609379

Netball
Arbour Netball Club train at the Parkside Leisure Centre at Mulberry School, Commercial Road, E1 every Monday night.
01277 811772

Rugby
Millwall Rugby Club. Men's, women's and youth teams.
Suns, 10.30am-12pm (youth); Mons, 7.30-9pm (adults); Weds, 7.30-9pm (men); Thurs. 6.30-7.30pm (boys aged 7-17); Thurs, 7.30-9pm (women all ages).
www.millwallrugby.com

Rugby for children
Tag rugby (non contact) games for ages 2 - 7. Sats, 10am-12pm (term-time). Free trial.
Victoria Park, Grove Road, E9.
01252 794150

Self-defence and keep fit
Self-defence and keep fit with freestyle taekwondo. Mixed classes of adults and children.
Tues 6.30-8pm & Sun, 1-3pm.
Tiller Leisure Centre, Tiller Road, E14.
8310 1469 or 07950 896926

Seniors exercise
Mons, 1.30pm, line dancing; Tues, 10.45am, workout.
London Dockers Club, 6 Boulcott Street, E1.
7790 3785

European elite

Raphael Veras is encouraging his young charges to take on the cream of the European karate crop.

The local Lynx effect

Local girls Khadra Ahmed, and Noelle and Myriam Guenem helped London Lynx Volleyball Club to their best ever result at the national Under-18 Grand Prix.

SEE BELOW

Sport

Nine still stand in race to ABAs

Boxing

REPTON Boxing Club still have nine youngsters chasing national titles after the pre-quarter stage of the Junior ABA Championships at the Earlsfield club.

Two boxers – John Lee and Jamal Khan, who has now left the club but will still have to box under the Bethnal Green club's banner – received walkovers.

Of the rest of the club contingent, the most impressive winner was Isaac Johnson, who proved too strong for Alan Caton (Billericay) and stopped him in the last round.

Brother Johnny Johnson, a European champion, had too much class for John Manning (Heroes) and scored a comfortable points win.

Last year's schools champion, Henry Turner, continued to look a class act, outpointing Brian Caton (Holland Park) and John Hanrahan was also in fine form in earning a unanimous points victory over Henry Hemmings (Southend).

Jessie Dean Harris was taken the distance before getting the judges' nod against Darren Dexter (Chatteris) and Faisal Mohammad Khan had to do all the chasing to secure a majority win over Tommy Lee (Chalvedon).

Finally, Tommy Roberts had to step up a gear in the second and third rounds to outscore Alan Scopes (Southend).

Jessie Dean Harris and John Lee already have byes straight into the semi-finals.

Volleyball

TOWER Hamlets-based London Lynx volleyball club reached the semi-finals of the National Under-18 Grand Prix.
Local girls Khadra Ahmed, and Noelle and Myriam Guenem helped Lynx to their best ever result.
Lynx, who play at Whitechapel Sports Centre, squeezed past Black Country 3-2 and then found themselves pitted against last year's finalists, Leaf Academy.
Leaf ran out 3-0 winners, but with a few England juniors in their squad, it was always going to be tough.
Winning two games and losing one on the first weekend, at Kettering's National Volleyball Centre, was enough to secure a return trip on March 1.
A 3-0 win over Nuneaton set up a semi-final against last year's champions Graveney Malory Eagles.
There was a glimmer of hope for Lynx when two sets down, as they went into a 7-0 lead in the third set. But Graveney stormed back strongly to win the match 3-0.

Athletics

Williams blazes to indoor 60m gold

SPRINTER Bianca Williams, a double bronze medallist at the Commonwealth Games last summer, won the BUCS national indoor 60m crown in Sheffield.

The University of East London athlete equalled her personal best in the semi-finals before clocking an even faster 7.34 seconds to take the gold.

Williams, 21, has been troubled by knee injuries of late, but after this performance she will be hoping to cause a few shocks outdoors.

Basketball

Lions go out of cup with a whimper

LONDON Lions won't be putting any silverware in the trophy cupboard this season after a disappointing two-leg semi-final defeat at the hands of Leicester Riders.

Riders joined Newcastle Eagles in the BBL Trophy Final thanks to a 91-81 second leg victory at the Copper Box arena, which sealed a very convincing 171-144 aggregate scoreline.

Tyler Bernardini, Riders' American guard, enjoyed a superb night, shooting six of eight three pointers on his way to a game-high 24 points.

Lions, meanwhile, clearly missed Rod Brown's calming influence, but Zaire Taylor hit 23 points against his former club, Lovell Cook added 17, and Drew Sullivan 16.

Basketball

UEL triumph in basement battle

THE University of East London's relegation-threatened women's basketball team may have saved themselves from the drop by beating bottom-of-the-table Brunel 60-46 at SportsDock.

UEL had to win to keep alive their hopes of staying in the British Universities & Colleges Sport League South Eastern 1A.

And they really took control late on against Brunel to ensure a vital victory.

UEL are now level on points with the University of Brighton, who lost to Imperial College.

Karate kids aiming to take on Europe's finest

BY PETER FAULKNER

KARATE instructor Raphael Veras has a plan and, if it works, Tower Hamlets could one day produce a world or Olympic champion.

Raphael wants to take youngsters, including his three sons, to compete in European competitions – believing that only by taking on the cream of the crop can you rise to the top yourself.

And so far this year they have struck gold in Switzerland and France and, as we went to press, were fighting in Germany.

The globetrotting karate kids, who train at Tresslers Hall, Poplar, are learning their trade the hard way.

Sensei Raphael said: "I am proud what my sons and other club members have achieved and I am confident that by putting them through tough challenges they will become better athletes.

"It is only by competing against the best that you become the best and I am sure that our European contests will help us to win world titles or even Olympic titles – if karate is eventually included in the Games."

The latest Euro adventure came in the 8th Open Jeunes D'Orleans for children and cadets – and the three Veras brothers, Luan, Liam and Luca, were in action.

Liam, 9, won first place in the under-30kg 8- & 9-year-old category, which attracted 28 entries. He won his fights 8-0 in the first round, 7-2 in the second, 6-3 in the semi-final and went on to win the gold 7-3.

Luca, 7, who fought in the same category, got through the first round fight 7-0, but was defeated 4-5 in the second.

Luan, 10, competed in the under-45kg 10- & 11-year-old category and took the silver having won his first fight 5-0, his second 2-1 and his semi-final 2-0.

His final finished 1-1, but the decision went to his opponent.

www.verasacademy.co.uk

Sensei Raphael Veras with sons Luan, Liam and Luca

No need to sit on the sidelines

There are many ways you can take part in sport and improve your fitness in Tower Hamlets. Our listings include everything from cricket to yoga and aerobics to taekwondo.

SEE PAGE 33

Tell the East End

Do you have a sports club you would like to be included in our listings? If so email the details to...

EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK

A magnificent seven wins for East London

BY PETER FAULKNER

EAST London Hockey Club had a weekend to remember. Seven of the club's eight men's teams won their league games while the ladies' fifths hit five goals to become champions.

There were hat-tricks for Stephen Johns and Karl Kahn as the 3rds thrashed Crostyx 12-0.

David Karp also bagged a treble for the 6th team in a 7-3 win at Brentwood, while evergreen defender Gabby Oduro hit two for the 3rds.

East London ladies 5ths 5
Upminster 1

The ladies 5th team played Upminster at a sunny Mile End, but their team of youngsters were unsettled at the start.

Nerves were soon calmed as Lauren Louise scored within a few minutes and by half-time they were 3-0 up with further goals from Christine Hegarty, whose parents had come all the way from Ireland to cheer her on, and Julia Birchall.

After an inspiring half-time team talk Fiona Isacsson (pictured above) added two more.

Upminster piled on the pressure resulting in two short corners, but the defence of Victoria Judd, Emily Lever, Poppy Middlemiss and Nikki Stewart held firm for a 5-0 victory – and the title. Player-of-the-match was Mary Taylor.

Harpenden 1sts 1
East London men's 1sts 3

East London men's first team faced an away day at Harpenden who were looking for victory to guarantee them safety, while East London looked to continue their promotion charge.

Harpenden applied the early pressure, but East London needed only one chance to go ahead, and Sam Boddington pounced to bury it in the net.

The home side continued to pile on pressure, which paid off when a shot on goal deflected off a defender to wrong-foot East goalie Chris Leek.

Early in the second half East's Arnoud Julien was shown a red card for retaliation after an awful Harpenden tackle.

Rather than fall apart, East worked hard and Adam Lord scored twice in quick succession, for a two-goal cushion to take into the last 15 minutes. In the closing stages Harpenden's centre forward was dismissed for pushing over East's Tom Collison and they saw out the match for a huge three points.

East London ladies 1sts 0
Canterbury 3rds 1

Canterbury visited the Lee Valley ground to take on an East London team who the previous week had dislodged them from their fourth place in the division.

East, in particular goalkeeper Laura Wilkins, defended well, but the visitors finally managed to break through for a winner with ten minutes to go.

Wapping hit 5 on the road

Hockey

WAPPING men's first team made the longest away trip of the season to Wisbech in the East Premier A division and, with a 5-1 victory, showed why they top the table.

Wapping dominated from start to finish although, to their credit, the young Wisbech team were well organised and tried to push forward whenever the opportunity arose.

Wapping took a three-goal lead into half-time, with captain Oliver Cooper finishing clinically from a wide angle, Felix Styles converting a short corner and Ben Gallagher scoring with a fine reverse stick finish.

The second half saw Wapping continue their dominance and the result was never in doubt. man-of-the-match Cooper scored his second from close range and James Fanger finished off a good team move.

Wisbech grabbed a late consolation from a short corner.

■ WAPPING ladies 5th team maintained their promotion push with a 3-0 win over Southend 2nds, the goals coming from Emily James, Holly Marven and Clare Williamson.

■ WITH three games left Wapping ladies 1st team could not afford a loss against Norwich Dragons as they continued their battle against relegation.

After a goalless first half, Wapping emerged for the second period in more dominant mood, but were unable to find the net.

Wapping won a penalty corner within the last few minutes of the game and came very close to scoring with a flurry of chances around the net, but the Norwich goalkeeper stood strong.

The men's 6th team secured promotion into Division 4SE after beating promotion rivals Old Southendians 5-1, making them the second Wapping team to be promoted this season.

Soccer round-up

Epic run comes to an end

IT had to end sometime. But after 39 games unbeaten in all competitions, FC Hamlets POAPC did not want their incredible run to finish with another cup final in sight.

The reigning London Junior Cup holders, favourites to reach the final for a second successive season, were knocked out by a single goal in this semi-final.

Now they must psyche themselves up again for their Essex Olympian League campaign where, as league leaders, they remain title favourites.

FC Hamlets competed well in a scrappy first half, but lacked their usual sharpness.

In the second half Hamlets took control for the first 15 minutes and then, in the 65th minute, they got caught in possession resulting in a clever finish from the Sloane striker.

From this point on Hamlets were chasing the game but lacked what was needed to draw level.

Open Age Winter League First Division champions SCTA

Cup produces penalty drama

THE Inner London Football League's Veterans Winter League Cup produced a dramatic shoot-out after Beaumont Masters and Abohani finished 1-1.

With the teams still level after five spot-kicks apiece, the shoot-out went to sudden death and Beaumont edged it 4-3 to book a semi-final place.

Summer Veterans Cup finalists Bromley had a tricky tie with SYA Vets, narrowly winning 2-1, Summer Cup holders London Tigers Vets beat FC Bhondu 1-0 and the final quarter-final game saw Weavers beat Tower Hamlets B 3-2 in another penalty shootout after drawing 1-1.

The semi-finals were played on the same night. London Tigers prevented the only lower division team, Weavers, from making it to the final but needed a 2-0 penalty shoot out following a 1-1 draw.

Beaumont Masters managed to avoid a repeat of the Summer Cup final as they narrowly knocked out Bromley 1-0.

In the Open Age Winter League First Division, Reachout won 4-0 against Bromley Juniors and then waited to see if Stepney B could defeat SCTA knowing that anything but a victory would hand them the title.

But SCTA ground out a 1-0 win to take the crown despite the second half onslaught by Stepney B.

The Premier Division has narrowed down to three teams as Beaumont's challenge was ended by their 3-1 loss to fellow contenders West End.

London Tigers went joint top with a 5-1 win over SYA and Stepney won emphatically 7-1 against Island to make the league table very tense.

West End, Stepney and London Tigers are now all on 29 points. Tigers sit third with the weaker goal difference out of the trio. Stepney and West End have identical goal differences, with West End having scored two goals more.

More inside

For stories on volleyball, boxing, football, hockey and more...

SEE PAGES 33-35

Don't miss out on the cup

Time is running out to enter a team in this year's Mayor's Cup. There are competitions for girls and boys, and adults, but the deadline for registration is March 20. For full details...

SEE PAGE 33

TOWER HAMLETS
eastendsport
NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

Olivia takes British title

Olivia Piechota demonstrates her power and technique in a previous tournament

BY PETER FAULKNER

TEENAGERS Olivia Piechota and Leonardo De Moura Muniz are putting Tower Hamlets judo on the map and proving two of the country's stars of tomorrow.

At the English Open Judo Championships at Sheffield Ice Arena on March 8, the Tower Hamlets Judo Club youngsters were in familiar territory.

Olivia, 16, became the new British junior champion just a year after winning the gold medal in the cadets championship.

But for 17-year-old Leonardo the main prize eluded him again although he performed well to take the bronze medal for the second successive season in the 66kg category.

The day was packed full of fierce competition and some excellent displays in the pursuit of gold. With the medals came the opportunity for many to secure a place on the Great Britain junior and senior squads.

Olivia Piechota

Leonardo De Moura Muniz

Olivia returned to Sheffield with another year's experience behind her and she stormed through all contests winning by ippon (before regular time).

In the final contest she faced Tonbridge's Molly Harvey – her rival in the cadets last year – and again proved her dominance in the 44kg division.

Olivia is now British champion and English open champion in the juniors, and will be representing Great Britain at the European Championships and Youth Olympics this summer.

Leonardo, a student at Langdon Park School Sixth Form and a bronze medallist in last year's competition, was hoping to improve on that performance.

He showed great power to win his first three matches by ippon and as usual produced some remarkable takedowns.

But in the semi-final he lost to five times British champion Eric Ham (Glossop).

Leonardo recovered quickly from his disappointment to win his bronze medal contest in the first minute by ippon. He will now continue his preparation with the England squad.

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Spring into education & training with our eight-page supplement

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get a school life!

eastendlife EDUCATION SPECIAL

Why training is the Smart option

IT'S not easy finding a job these days if you haven't yet got the experience or skills needed for a career and you have few or no qualifications.

So how do you get started in the world of work when you've left school or college and haven't had the chance to gain any experience?

Smart Training, one of the UK's leading training providers, can help you to boost work opportunities with a traineeship.

The programme is a fantastic combination of work experience and training designed to help 16- to 24-year-olds secure a job and, at the same time, build confidence and skills.

With a traineeship you get real and substantial work experience while gaining a recognised certificate in workskills qualification – so once you've completed the programme you'll be in a position to progress to an apprenticeship or a job which will lead to further qualifications and opportunities.

Traineeships also include tuition in English and maths as well as help with CV writing, interview preparation and communication skills, giving you everything you need to succeed.

Smart Training has a host of local traineeships available whether you are looking to start a career in childcare, retail or business administration – and training takes place locally.

Seventeen-year-old Storm Kirkland was getting nowhere with her job applications until she discovered Smart Training and the traineeship programme. Less than six months later she had the job she dreamed of in a local nursery.

"I really enjoyed the whole experience – my tutor was really good and supportive," she said. "If it wasn't for the traineeship I wouldn't be employed as an apprentice and studying level 3 childcare now."

And Storm isn't the only young person who has found employment after a traineeship – in fact most of our trainees find themselves employed as an apprentice once they have completed the programme.

Simon Arshid credits Smart Training with turning his life around from claiming benefits to gaining a career qualification and finding paid work.

"The course gave me the skills to progress in life and the support from my tutor was amazing," he said.

If you'd like to find out more about the traineeship programme go to **www.smart-training.com/jobsandadvice**, text SMART to 80800 and we'll phone you back, or call us on 3700 4294.

LANGDON Park School's new sixth form has made an excellent start, achieving in its very first year the highest grade that an A Level school or college can achieve.

The ALPS (A Level Provider Score), which compares schools and colleges across the UK, awards a score of 2 (outstanding) to schools where students make so much progress that they are in the top ten per cent of schools nationally.

The much rarer score of 1, which Langdon Park School sixth form achieved, means that students achieved the highest score for progress made in the whole country.

Head teacher Richard Fitzgerald said: "We are delighted the hard work, enthusiasm and commitment of our teachers and students has been recognised in their results.

"The fact that our sixth formers made such excellent progress not only shows us that they have been successful but it also shows us how much more successful they can be and we as a school can be, in the future.

"Even before these results were published we have had a big growth in the numbers of students applying to join our sixth form and that is set to be even bigger again this year.

"We are now in the happy position of having to plan to extend the school buildings to fit in the demand for places in the future."

■ Front page: a student enjoys an art class at Langdon Park.

Smart Training

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Aged 16-24 and looking to get started in a career? Then study free of charge* for the Traineeship Programme with Smart Training.

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Training is weekly in East London and you can keep any benefits you're entitled to.

*Depending on your existing qualifications. You must have lived in the UK or European Union for the last three years to be eligible.

Traineeships

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'Getting your foot in the door is priceless and that's what City Gateway did for me'
Zan Mahmood Bhatti – Ex student

CITY GATEWAY

‘College life is a really positive experience’

Former student Farhana Begum is now a site administrator

A LEVEL student Charlotte Finn, 17, is really pleased she chose to study with Tower Hamlets College this year.

Charlotte, who enrolled a the college while a pupil at Greycoat School in Westminster last summer, says: “The teachers are really supportive and give you lots of encouragement to do well.

“It is a really positive experience.”

Charlotte Finn is studying economics, physics and maths

Charlotte is now studying A Level maths, economics and physics and is planning to go to university next year.

Farhana Begum, a former student, is similarly positive.

She said: “The teachers really want you to do well and get the best grades.”

She works as a site administrator for one of the country’s top developers after graduating from university.

Alongside the widest choice of courses on offer (50+ A Level and vocational), students attending the college regularly praise the quality of teaching, and the support and guidance in helping them to achieve the best grades they can.

Last year, an impressive 28 per cent of A Level grades were at A*, A and B, and 15 of the subject areas achieved 100 per cent pass rates.

The college is rated ‘good’ by Ofsted and was praised for the quality of its education and for making a real difference to people’s lives.

Success rates have increased year-on-year standing at an overall achievement rate of 93 per cent in 2014.

More than 80 per cent of 16- to 18-year-old students went to university in 2014.

Some are at top Russell Group universities including former students such as Tanvir Ahmed, from Tower Hamlets, who is studying mechanical engineering at UCL and Fela Maslen, from London Fields, studying mathematics at Bristol.

Katie Hogg, from the Isle of Dogs, won a place to study psychology at Royal Holloway, and Antonia Akande, from Poplar, is taking law at Coventry University.

Adult students are also well catered for and many of the college’s Access to Higher Education students are now studying degrees in subjects as diverse as art, creative media, journalism, nursing, pharmacy, psychology and science, as well as more specialised subjects like petroleum engineering.

If you want to get into employment rather than university, its intensive internship preparation programmes for young people can help you get into some of the top businesses in London.

The college has placed over 40 students at KPMG, more than any other London college, and has also helped to place students into international companies based in Canary Wharf, like EY and Thomson Reuters.

Teaching staff help you prepare for, and apply to, the big company internship programmes.

Why not go along to find out what makes Tower Hamlets a good college? The next open day takes place on Saturday, April 25 from 11am-3pm at the Poplar campus.

www.tower.ac.uk

- Are you a student starting (or continuing) at University in October 2015?
- Do you live in Bethnal Green*?
- Have you been to school locally?

If the answer to all three questions is ‘yes’, you may be eligible for a £200 book grant from Parmiter’s Bethnal Green Educational Fund

The application form and map can be downloaded from **www.towerhamlets.gov.uk** or via the Parmiter’s Bethnal Green Educational Fund’s Facebook page.

A **fully** completed application form and a **map correctly marked** with your address need to arrive with the Clerk to the Trustees by **6th July 2015**.

Parmiter’s Bethnal Green Educational Fund

We are a Charity that can help students who live in the old Metropolitan Borough of Bethnal Green* (E2 post-codes, Collingwood Estate E1, Bow E3 between Regent’s Canal and Driffield & Lyal Roads) or live in Tower Hamlets **and** attend, or attended, sixth form at one of Cambridge Heath Sixth Form, Raines School or Bethnal Green Academy.

SWANLEA SCHOOL

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Accept people for who they are and celebrate our differences

Ofsted Outstanding School 2012 | 2013

Some key findings from Ofsted's most recent appraisal of Swanlea's education.

"The achievement of pupils is outstanding" - ***"The quality of teaching is outstanding"*** - ***"The behaviour & safety of pupils are outstanding"*** - ***"The leadership and management are outstanding"***

Recognised for our excellence

SWANLEA is an Ofsted-rated 'Outstanding', mixed, 11-19 school serving the community in the heart of Tower Hamlets.

Vibrant and academically successful, we are proud of the achievements of our students. Our pupils make outstanding progress in their learning, above the national average – progressing better than 90 per cent of students nationally.

Swanlea's outstanding, collaborative sixth form provides a broad range of academic subjects with students securing places at the Russell Group and Oxbridge universities.

Recognised for our excellence, we are holders of the Equalities Award, acknowledging our work in celebrating and respecting all within our fully inclusive school community.

We are also proud to be Stonewall Champions, an Artsmark award school and an accredited 'Healthy School'.

We provide the best possible opportunities for our students to succeed, with our diverse curriculum supporting and challenging them to be the best that they can be.

Outstanding literacy and numeracy programmes, ensuring that students develop their skills in the key areas of English and mathematics, sit alongside a wealth of opportunities for students to extend their learning in the performing and creative arts.

As a school, Swanlea not only succeeds when it comes to academics but aims to provide an enriching experience for all students beyond the taught day. We run free extra-curricular activities for students, including debating, swimming, boxing and archery.

A business and enterprise college, we have developed partnerships with notable organisations such as Deloitte, Merrill Lynch, and the Wolfson Foundation, providing students with insights into the business world.

Together with our collaborative, cross-phase East 1 Schools' Partnership, where Swanlea works closely with local primary schools to support pupils and parents, our partnerships enrich our school community.

Our Student Leadership Programme provides pupils with a real say in what happens at Swanlea. From leading on peer mentoring and local democracy projects, to interviewing prospective staff, they have the opportunity to make an impact within the school as well as building their leadership skills.

Students have led many fundraising campaigns – with our most recent Christmas appeal raising more than £2,000 for the Ebola crisis. They have also organised donations for the Whitechapel Mission.

We value and welcome the contribution of parents and carers, holding coffee mornings each week where parents can drop in to speak to the head teacher without an appointment and to meet other parents.

We also facilitate ESOL and ICT classes where parents/carers have the opportunity to learn English and gain literacy level 1 and 2.

These classes are designed to not only encourage parents to learn, but help support their child's learning at home.

Come along to our open morning on Thursday, March 19 from 9.30-10.30am where you will be able to see for yourself how Swanlea School makes education an enriching experience for all.

Learn to unleash your performing potential

THE award-winning part-time Anna Fiorentini Theatre & Film School for four- to 18-year-olds has been providing professional performing arts training for more than 14 years.

Students follow a timetable of drama/film, singing and dance, all taught by leading industry professionals.

Students have the opportunity to take LAMDA and Arts Awards (both of which carry UCAS points). They can also audition for the performance troupe which tours hospitals, care homes and hospices as well as festivals and special events.

There is a Young Ambassadors scheme where teenagers can learn business, fundraising and production skills. And there is the agency which gives the children the opportunity to audition for high-profile roles on TV, film, radio and in the theatre.

Our next taster/open days are: Hackney, Greenwich & North London branches – Saturday, April 18; Docklands branch – Wednesday, April 22.

Reserve your place before April 10, quoting EAST END EDUCATION, and get a 20 per cent discount off your first term should you accept a place.

Email **hello@annafiorentini.com** putting East End Education in the subject line and ask for an application form. Alternatively ring 7682 1403.

We are also offering an Early Bird discount for our summer schools.

Visit **www.annafiorentini.com** or ring 7682 1403 for details.

And for adults we run after-work performing arts classes. Proceeds from this go to the Fiorentini Foundation which supports disadvantaged children that wish to attend the school. Check out **www.stageandthecity.com**

Aiming for success, in and out of school

THE vision of London Enterprise Academy is to establish an outstanding school that ensures students achieve success in their school life and beyond.

We believe success at school provides a strong foundation for students to become engaged citizens who believe in themselves and can bring about positive change, for themselves and the society they live in.

In addition to achieving academic excellence, our vision is to instil in every child the beliefs, behaviours and attitudes that will underpin success in life. Every student will be equipped to:

- create and seize opportunities for themselves and others;
- contribute to Big Society;
- bridge the skills gap faced by future employers.

Our ethos will support this vision by creating a school that is sympathetic to the social background of the students, and pro-active with respect to the unique opportunities this dynamic and well situated borough affords.

Central to our school's ethos is a student-centric and individualised learning approach designed to achieve personal success for every student, regardless of where their abilities lie.

Our curriculum is designed to equip our students as engaged citizens who will have the right skills to be active participants in modern British society.

LANGDON PARK SCHOOL 6th FORM

Excellent teaching, calm, happy and purposeful atmosphere…

"Students feel safe and enjoy coming to school. Attendance is high and they are positive and keen to succeed. Many have set themselves ambitious goals for their next steps in life.

Students are respectful of staff and each other and this adds to the friendly atmosphere of the school" Ofsted 2014

"The new sixth form is good. It has been a welcome addition to the school and has raised the aspirations of the younger students". Ofsted 2014

Langdon Park School
Bright Street
E14 0RZ
0207 987 4811

admin@langdonpark.org
www.langdonparkschool.co.uk

SIXTH FORM EAST

The sixth form recently achieved an ALPS provider score of 1 meaning our students made more progress than at any other school or college last year.

Application details are available on the school website or via the email address opposite.

Oxbridge beckons for Bishop Challoner four

FOUR students at Bishop Challoner Sixth Form have received offers from colleges at Oxford and Cambridge universities.

Nermeen Hilton has an offer to read history at Balliol College, Oxford.

Bruno Campos has an offer to read physics at Jesus College, Mila Mudrova has an offer to read psychology at St John College and Esther Negbenose has an offer to read psychology, all three at Cambridge.

Bruno has studied at Bishop Challoner since year 7 after his family moved to the UK from Brazil.

He said: "Cambridge has an incredible history of many successful physicists.

"It'll be more than an honour to be able to work where many great minds of the human race have worked and to be able to carry on their work into the future. Bishop Challoner was a very key part of this journey, providing us all with incredible teaching and a lot of out-of-lesson support.

Nermeen, Esther, Mila and Bruno

"From funding university visits to finding competitions and challenges for me to participate in and expand my knowledge, the school has been very generous and always ready to help in every way they can."

Mila lives in Bow Road and has also attended the school since year 7.

She said: "I decided that I wanted to go to Cambridge quite early on and used it as my motivation to work hard throughout secondary school and sixth form. Bishop Challoner has provided me with a lot of support.

"There were many opportunities during secondary school that allowed us to assess what we needed to do in order to get into the top universities.

"The sixth form has been amazing in helping me with every single part of the application process and supporting me in any way that they could."

Mrs Livermore, head of sixth form, is "confident that our four students will do Bishop Challoner proud".

"The school community congratulates them on this outstanding achievement," she added.

This news comes after a fifth summer in a row of improved A Level results at Bishop Challoner Sixth Form and another year where many students moved on to top universities.

Mujahid **explains how an IT apprenticeship at** City Gateway **helped with his career in the City.**

What did you do after school?

I did a BTEC at college. I didn't like it much. I had high hopes of doing A Levels but didn't like the environment so I decided to leave.

I applied for apprenticeships but they were so popular I thought it was very unlikely that I was going to get any of them. Then I Googled IT apprenticeships and City Gateway popped up. I went in for a quick interview and started training within a couple of weeks.

What made City Gateway different from school and college?

It's much more enjoyable and the work is more manageable.

The key thing was that it was like a youth club, it was fun. You go in and you're relaxing and getting the work done. The teachers are not too strict but they get the work done.

Do you think your experience changed you?

It's made me more mature and made me think about things differently, even simple things like typing an email.

What do you think your life would have been without City Gateway?

I think I would have been struggling. I wake up every morning happy to come to work, before I wouldn't have had that motivation and drive.

I know so many people, even with degrees, who are struggling to get work. City Gateway gave me the opportunity and said: "Now show us what you can do."

What would you like to say about City Gateway?

The guys at City Gateway have always been there to help me even when I thought I didn't need it. They have made my career what it is.

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London Enterprise Academy

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A new free secondary school in Whitechapel offering:

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- Broad and balanced curriculum
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Only a few places available in Year 7

Open Days in March for places in Year 7

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